

# Bewegen met Parkinson: de Park-in-Shape studie Moving with Parkinson's: the Park-in-Shape study

<https://neurodegenerationresearch.eu/survey/bewegen-met-parkinson-de-park-in-shape-studie-moving-with-parkinsons-the-park-in-shape-study/>

## Principal Investigators

Prof. dr. B.R. Bloem

## Institution

Radboudumc

## Contact information of lead PI

### Country

Netherlands

## Title of project or programme

Bewegen met Parkinson: de Park-in-Shape studie Moving with Parkinson's: the Park-in-Shape study

## Source of funding information

ZonMw

## Total sum awarded (Euro)

€ 369,102

## Start date of award

01/07/2013

## Total duration of award in years

4.0

## The project/programme is most relevant to:

Parkinson's disease & PD-related disorders

## Keywords

### Research Abstract

Background

Parkinson's disease (PD) is a neurodegenerative disorder with a wide range of motor and non-

motor symptoms. Despite optimal medical management, PD still results in a high disability rate and secondary complications and many patients lead a sedentary lifestyle, which in turn is also associated with a higher co-morbidity and mortality. Exercise has been explored as a strategy to reduce secondary complications and results suggests that it not only provides general health benefits, but may also provide symptomatic relief. If this holds true exercise would be a very attractive addition to the therapeutic arsenal in PD. The supportive evidence remains incomplete. Here, we describe the design of the Park-in-Shape study, which primarily aims to evaluate whether aerobic exercise affords clinically relevant improvements in motor symptoms in sedentary PD patients. A specific new element is the introduction of gaming to optimize compliance to the exercise intervention.

#### Methods/Design

The Park-in-Shape study is a randomized controlled, assessor- and patient-blinded single center study. Two parallel groups will include a total of 130 patients, receiving either aerobic exercise on a home trainer equipped with gaming elements (“exergaming”), or a non-aerobic intervention (stretching, flexibility and relaxation exercises). Both groups are supported by a specifically designed motivational app that uses gaming elements to stimulate patients to exercise and rewards them after having completed the exercise. Both interventions are delivered at home at least 3 times a week for 30–45 minutes during 6 months. Eligible patients are community-dwelling, sedentary patients diagnosed with mild-moderate PD. The primary outcome is the MDS-UPDRS motor score (tested in the off state) after 6 months. Secondary outcomes include various motor and non-motor symptoms, quality of life, physical fitness, and adherence.

#### Lay Summary

**Further information available at:**

#### Types:

Investments > €500k

#### Member States:

Netherlands

#### Diseases:

Parkinson's disease & PD-related disorders

#### Years:

2016

#### Database Categories:

N/A

#### Database Tags:

N/A