



People with Parkinson's Disease Needed for Physical Therapy and Technology Research

Study: Accelerating Physical Therapy Exercise Monitoring: Facilitators, Fidelity, and Fitness

This study will explore different ways to integrate digital health technology and behavior change interventions into physical therapy (PT) settings to improve exercise monitoring and maintenance.

Participants in this study will be provided resources to help them use their own smart phones or activity trackers to achieve their exercise goals in physical therapy.

Participation in this study will include:

- A two hour pre-test session before the initial Proactive PT evaluation.
- A 2 hour post-test session 6 months later.
- An exit interview 6 months later to assess digital health technology use, acceptability, barriers, and facilitators.

For additional information and to see if you qualify for the study, please contact:

Sydney Achler at (312) 238-7275 or sachler@sralab.org

Participants must meet the following criteria:

- Referred to the Proactive PT program
- Self-identify as a person with early PD, or with mild to moderate PD symptoms
- On a stable PD medication dose for at least 3 months, or on no medication for PD
- Have a smart phone, computer, or activity tracker
- No diagnosis of mild cognitive impairment or dementia

Participants will be compensated for their time that is not a part of their recommended physical therapy treatment.