

## Seeking Research Study Participants: Persons with Parkinson's Disease

### Implementation of Exercise Strategies in Parkinson's Disease:

This multi-site collaborative research study will explore the effectiveness of different strategies aimed at improving or maintaining your physical activity.

Depending on when you enroll, you may be in the study for up to 4 years.

Participants in this research study will receive a physical activity monitors, and be asked to connect to a mobile app platform regularly.

Participation in this study will include:

- Online Surveys (every 3 months you are in the study) for the first 12-months after enrollment
- Step Activity Tracking every 3 months for 1 week for the first 12-months after enrollment
- Support to link your wearable physical activity tracking device to a Remote Therapeutic Monitoring platform
- An exit interview to evaluate the program

#### Participants must meet the following criteria:

- Have a diagnosis of Parkinson's disease
- Hoehn & Yahr Stage 1-3
- Have a smart phone
- Able to walk
- Can use a single sided assistive device during walking
- English is primary language
- Between the age of 18-89 years

**No diagnosis of mild cognitive impairment or dementia**

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

University of Chicago: Dr. Tao Xie, MD, PhD | [txie@uchicagomedicine.org](mailto:txie@uchicagomedicine.org) | 773-702-6222

Northwestern Medicine: Michelle Walaszek, PT, DPT, MS | [impexPD@srnlab.org](mailto:impexPD@srnlab.org) | 312-238-4679

Shirley Ryan AbilityLab IRB Project #: STU00219116 | Principal Investigator: Miriam Rafferty, DPT, PhD  
University of Chicago IRB Project #: CIRB23-1364 | Co-Principal Investigator: Tao Xie, MD, PhD

The Shirley Ryan AbilityLab is an academic affiliate of Northwestern University Feinberg School of Medicine.