ADPDCPG:

In compliance with the Parkinson's Disease Clinical Practice Guidelines the following interventions were performed : {ADCPGINTERVENTION:32325}Smart list

ADCPGINTERVENTION

- Resistance training-to reduce motor disease severity and improve strength, power, nonmotor symptoms, functional outcomes, and quality of life in individuals with Parkinson disease
- Balance training- to reduce postural control impairments and improve balance and gait outcomes, mobility, balance confidence, and quality of life in individuals with Parkinson disease
- Aerobic exercise- to improve VO2, reduce motor disease severity and improve functional outcomes in individuals with Parkinson disease
- External Cueing- to reduce motor disease severity and freezing of gait and to improve gait outcomes in individuals with Parkinson disease including : {AD PD EC:31707}
- Flexibility exercises- to improve ROM in individuals with Parkinson disease
- Community-based exercise-to reduce motor disease severity and improve nonmotor symptoms, functional outcomes, and quality of life in individuals with Parkinson disease ***
- Gait training- to reduce motor disease severity and improve stride length, gait speed, mobility, and balance in individuals with Parkinson disease
- Task-specific training- to improve task-specific impairment levels and functional outcomes for individuals with Parkinson disease ***
- Behavior-change approach- to improve physical activity and quality of life in individuals with Parkinson disease including: {ADBCAINTERVENTION:32379}

https://academic.oup.com/ptj/article/102/4/pzab302/6485202?login=true

{AD PD EC:31707}:

- Visual- visual cue aimed to improve motor function ***
- Auditory- sound that is frequently delivered before or during movement to initiate or sustain a motor action***
- Amplitude Training- high velocity, high amplitude movement training***
- Somatosensory- stimuli aimed to heighten afferent input***

Behavior Change approach

- Goal setting- A process where one identifies something that they wish to accomplish, and they establish specific, time-based behavior targets that are measurable, achievable, and realistic in order to attain these goals ***
- Action Planning- Create an organized plan, or series of steps required to be taken in order to achieve a set goal and for how to get back on track if derailed ***
- Coaching Style Interventions- Personalized instruction combined with physical training to enable the client to acquire or enhance skills related to exercise, lifestyle physical activity, or mobility ***
- Feedback- The transmission of either evaluative or corrective information about an action, skill, or process ***
- Shared decision-making- Clinicians and patients work together to establish appropriate health care decisions that are meaningful to the patient ***
- Motivational Interviewing Style Interventions- A collaborative conversation style for strengthening a person's own motivation and commitment to change. Key processes include engaging, focusing, evoking, planning, and tracking ***
- Open-ended questions- Phrase questions in such a way that requires a longer, or more detailed response ***
- Problem solving- Asking the patient to help verbally problem solve through an exercise barrier***

https://www.neuropt.org/docs/default-source/cpgs/pd/external-cueing-factsheet.pdf?sfvrsn=d6005d43_2

{ADBCAINTERVENTION:32379}

- Goal setting: A process where one identifies something that they wish to accomplish, and they establish specific, time based behavior targets that are measurable, achievable, and realistic in order to attain these goals ***
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https://www.neuropt.org/docs/default-source/cpgs/pd/behavior-change-approach-fact-sheet.pdf?sfvrsn=c3055d43_0