

FaST-PD II

Cardiovascular Exercise to Facilitate Motor Skill Learning in Parkinson's Disease II

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Funding: Deutsche Stiftung Neurologie (DSN)

External partners: -

FaST - PD
Facilitating Motor Skill Learning by
Aerobic Training in Parkinson's Disease

**Krankenhaus
Rummelsberg**

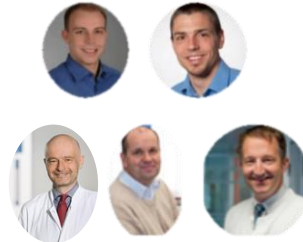
Akademisches Lehrkrankenhaus der
Friedrich-Alexander-Universität Erlangen-Nürnberg

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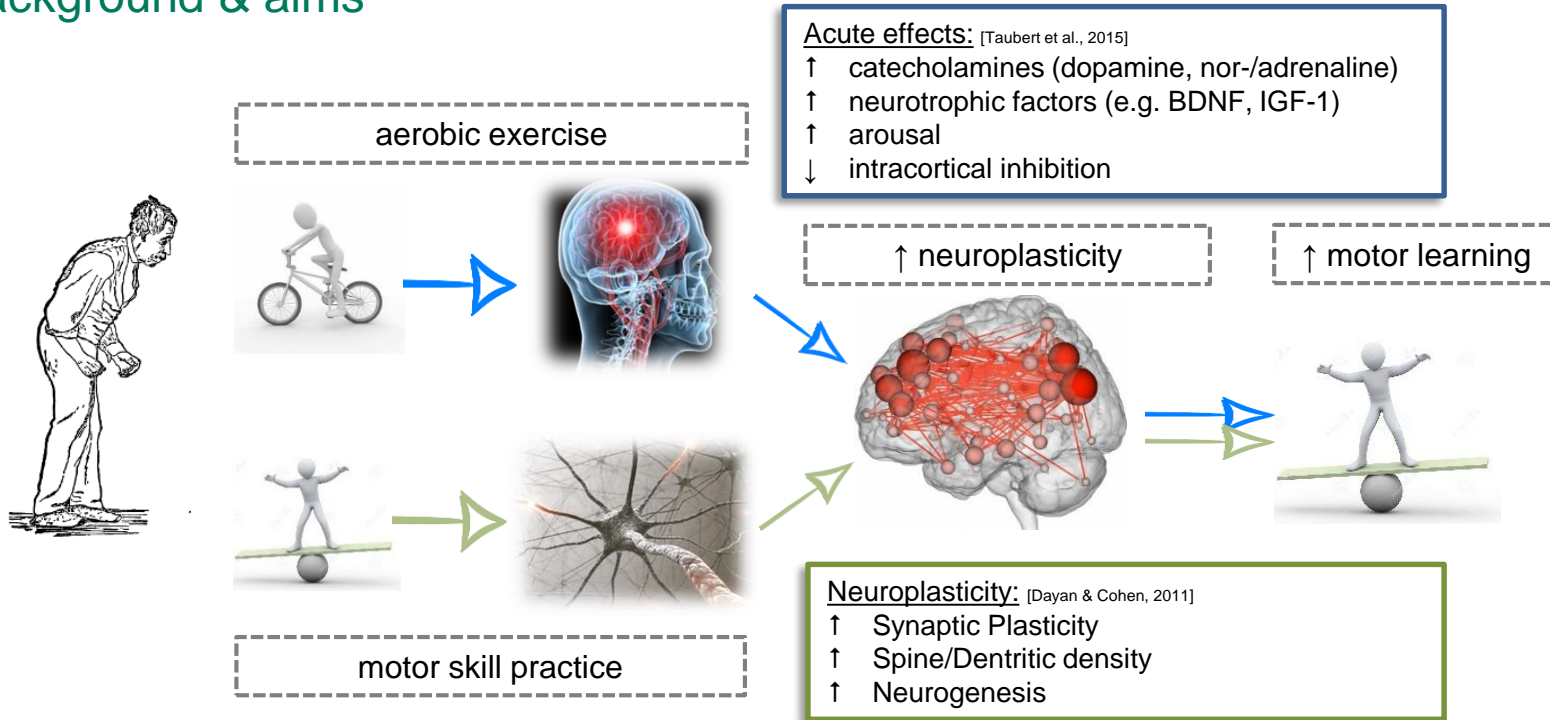
Universitätsklinikum
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Molekulare Neurologie
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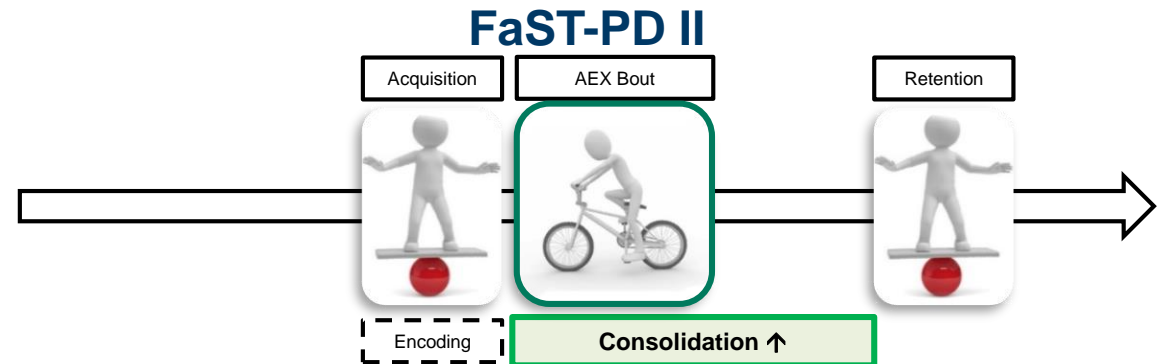
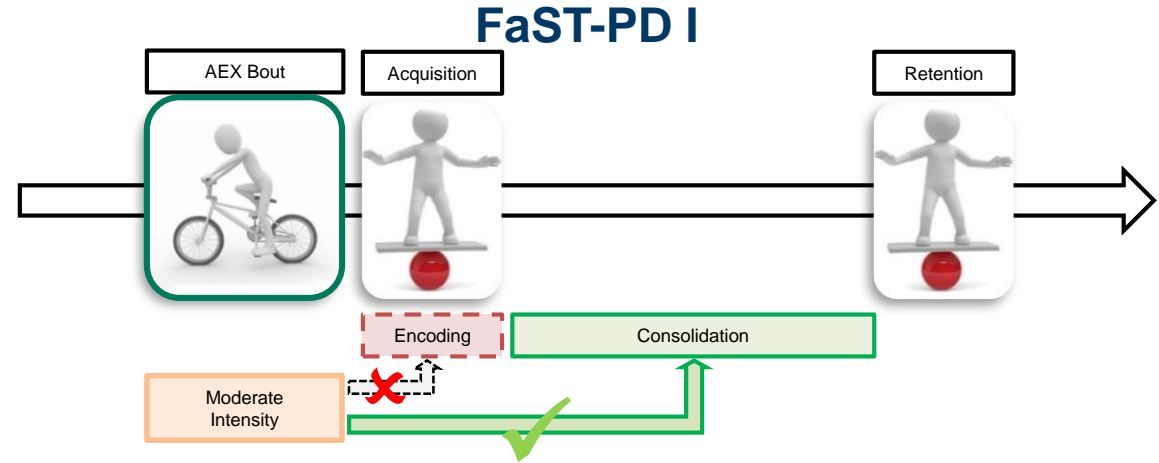
Background & aims



[Hillman et al., 2008; Petzinger et al., 2013; Roig et al., 2012; Roig et al., 2016; Taubert et al., 2015]

Background & aims

- Results FaST-PD I:
Aerobic exercise (AEX) significantly enhanced motor memory consolidation, but had no effects on motor memory encoding in Parkinson disease (PD) [Steib et al. *Front Aging Neurosci* 2018]
- Recent studies in healthy populations suggest that the beneficial effects on motor memory consolidation are even better, if the AEX is performed immediately after skill practice
- Aim FaST-PD II:
Investigate the effects of AEX performed after skill practice on motor memory consolidation in PD



Experimental flow

