

FaST-PD III

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

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External partners: -

FaST - PD

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

DEUTSCHE
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NEUROLOGIE **DSN**

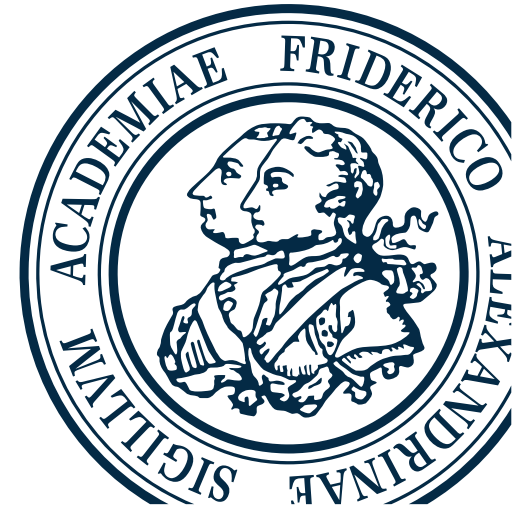
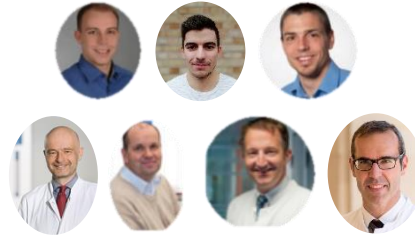
**Krankenhaus
Rummelsberg**

Universitätsklinikum
Erlangen

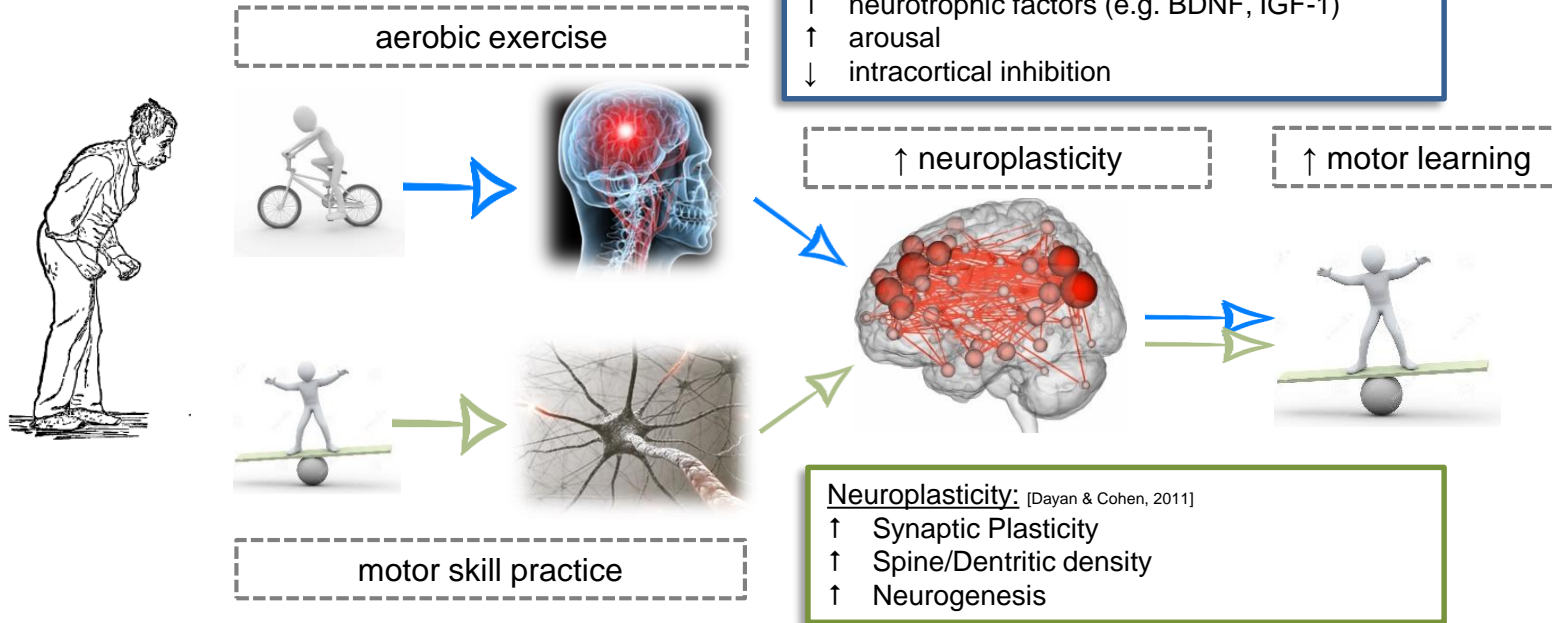


Molekulare Neurologie
Ambulanz für Bewegungsstörungen

KWM Juliuspital



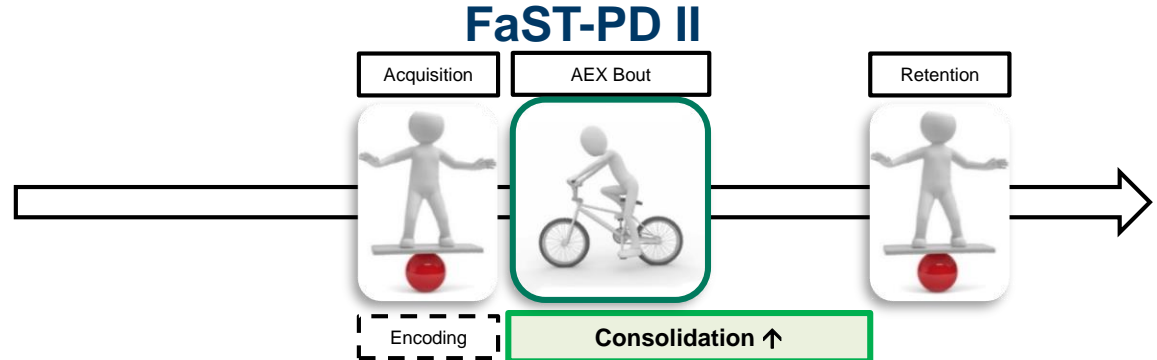
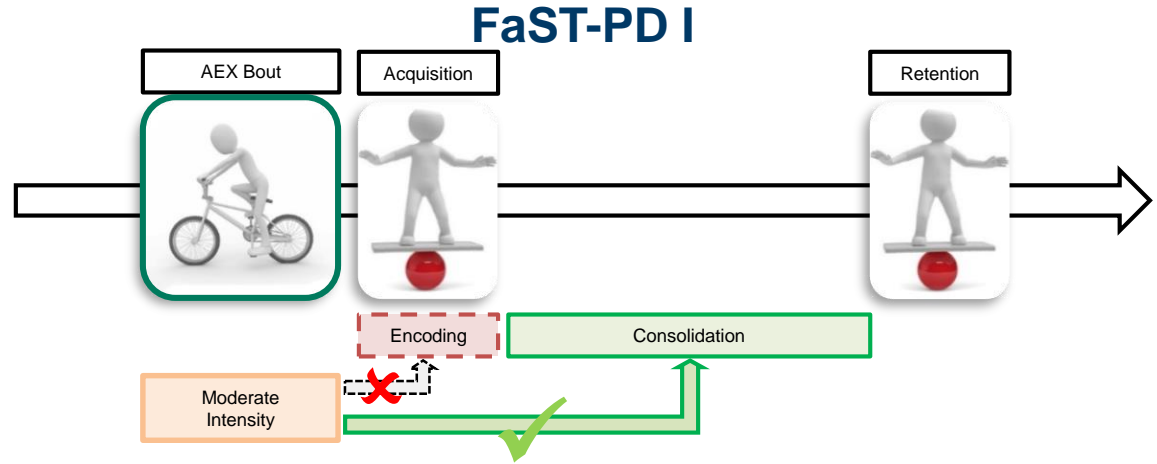
Background & aims



[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]
- **Results FaST-PD II:**
Aerobic exercise (AEX) immediately after memory acquisition task showed significantly enhanced motor memory consolidation at 7-day retention test [Wanner et al. *under review*]
- **Aim FaST-PD III:**
Apply these findings on a long-term intervention and investigate the effects of AEX performed after motor skill practice over a 6-week training period



Experimental Flow for FaST-PD III

Experiment

(experimental design, group allocation randomized)

