

PARKINSON'S DISEASE

Fundamental Items Checklist (PHASE A)

- ☐ Pathophysiology of PD
- ☐ Neuroanatomy & physiology of Basal Ganglia, Lentiform Nucleus (i.e. the Globus Pallidus and Putamen)
- ☐ Neuroanatomy & physiology of Thalamus, Caudate, Subthalamic nucleus, Substantia Nigra, Internal & External Capsules
- ☐ Direct vs. Indirect Basal Ganglia Pathways
- ☐ Lenticulostriate Arteries
- ☐ Long term effects of dopaminergic medications
- ☐ Weakness due to difficulty with force production vs strength
- ☐ Variants of Parkinson's Disease (e.g. tremor-primary variant)
- ☐ Primary Parkinson's Disease vs Secondary Parkinsonism
- ☐ Lewy body dementia and Parkinson's dementia
- ☐ "On," vs "Off," phase of dopaminergic medications
- ☐ Mechanism of action for dopaminergic medication and difference in effectiveness for primary vs secondary PD
- ☐ Progressive Supranuclear Palsy and how it can mimic PD
- ☐ Deep Brain Stimulation (DBS) indications, contraindications, and expectations following procedure

Key Articles (PHASE B)

Degenerative Diseases

- ☐ Physical Therapy and exercise interventions in Huntington's Disease: A mixed methods systematic review, Fritz et al, *Journal of Huntington's Disease*, 2017
- ☐ The Effects of Physical Activity in Parkinson's Disease: A Review, Lauze et al, *J Parkinsons Dis*, 2016
- ☐ Outcome Evaluation of Highly Challenging Balance Training for People with Parkinson's Disease: A Multicenter Effectiveness Implementation Study, Leavy et al, *J Neurol Phys Ther*. 2020
- ☐ Physical Therapist Management of Parkinson's Disease: A Clinical Practice Guideline from the American Physical Therapy Association, Osborne et al, *Physical Therapy*, 2020
- ☐ Exercise interventions in Huntington's Disease: An individual patient data meta-analysis, Playle et al, *Movement Disorders Clinical Practice*, 2019
- ☐ Differentiating Parkinson's Disease Subtypes Using Clinical Balance Measures, Prime et al, *J Neurol Phys Ther*, 2020
- ☐ Clinical Recommendations to Guide Physical Therapy Practice for Huntington's Disease, Quinn et al, *Neurology*, 2020
- ☐ Exercise and Parkinson's Disease: Comparing Tango, Treadmill, and Stretching, Rawson et al, *J Neurol Phys Ther*, 2019

- ☐ Clinical Determinants of Dual Tasking in People with Premanifest Huntington's Disease, Reyes et al, *Phys Ther*, 2021
- ☐ Individuals with Parkinson's Disease are Adherent to a High-Intensity Community-Based Cycling Exercise Program, Rosenfeldt et al, *J Neurol Phys Ther*, 2022
- ☐ Exercise and physical activity for people with Progressive Supranuclear Palsy: a systematic review, Slade et al, *Clin Rehabil*, 2020
- ☐ HDSA/APTA Continuing Education Course for Huntington's Disease:
<https://hdsa.org/healthcare-professionals-resources/pt-continuing-education/>

Clinical Items Checklist (PHASE C)

- ☐ Impact of aerobic exercise on persons with PD
- ☐ Secondary complications in persons with PD
- ☐ Sleep disturbance in PD and impact of dopaminergic medications on sleep
- ☐ Internal versus external cueing
- ☐ External sensory cueing such as visual and auditory stimulation to elicit movement
- ☐ Freezing episodes and techniques to address
- ☐ Deep brain stimulation and expectations for clinical presentation as well as prognosis
- ☐ Common gait patterns in persons with PD
- ☐ Speech and swallowing deficits in PD
- ☐ Modified Hoehn & Yahr (H&Y) scale scoring
- ☐ How rehabilitation interventions change based on H&Y score
- ☐ Recommended type and intensity of exercise
- ☐ Recommended outcome measures, normative values, and cutoff scores, if any (from the Parkinson's Disease Edge Task Force)
- ☐ Rehabilitation treatment following Deep Brain Stimulation (DBS) and how it differs from treatment for Primary Parkinson's Disease
- ☐ Orthostatic Hypotension (OH) and Neurogenic OH: Pathophysiology of autonomic dysfunction in PD, including the blunted baroreflex response and the impact of dopaminergic medications on blood pressure
- ☐ Freezing of Gait (FOG) Subtypes & Triggers and clinical execution of the *New Freezing of Gait Questionnaire (NFOG-Q)*.
- ☐ UPDRS (Unified Parkinson's Disease Rating Scale)
- ☐ Pull Test (Retropulsion Test) to evaluate postural response strategies

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