

**You are invited to participate in a research project titled:**

***“Comparison of Gait Patterns Following Seated Stepping, Elliptical Training, Treadmill Walking, and Overground Walking of Individuals with Parkinson’s Disease”***

**You are eligible to participate if you have ALL of the following:**

- ✓ Diagnosed with idiopathic Parkinson’s disease
- ✓ Scored 1-3 on the Hoehn & Yahr scale
- ✓ Between 40-85 years of age
- ✓ Ability to walk for 10 meters with or without aid
- ✓ Ability to do 20 minutes of cardiovascular exercise
- ✓ Ability to understand, communicate, and follow verbal instructions

**You are ineligible if you have ANY of the following:**

- Any musculoskeletal or neurological condition that could inhibit your ability to do cardiovascular exercise
- Severe neurological, cognitive, or emotional impairment
- Inconsistent medication protocol

**Time Commitment:**

1 session a week for 4 weeks:

- ❖ 1<sup>st</sup> visit: approximately 1 hr 45 mins.
- ❖ 2<sup>nd</sup>-4<sup>th</sup> visit: approximately 1 hr 15 mins.

**Location:**

Center of Achievement / Brown Center at California State University, Northridge



If you are interested, please contact:

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