

NNR 2025 – WORKSHOPS

Workshop 3: Workshop High Intensity Interval Training for people with Parkinson's disease

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Content: This workshop focuses on the use of high intensity interval training (HIIT) as a potentially effective intervention in people with Parkinson's disease. There is growing evidence that HIIT can lead to improved motor and non-motor function, cardiovascular health and quality of life in people with Parkinson's.

The workshop starts with an introduction of the rationale behind the use of HIIT in Parkinson's disease. Subsequently, it is discussed how exercise testing can be used to determine individual training intensity and how training protocols can be adapted to the individual needs of the participants.

The emphasis is on developing a safe and effective exercise program, teaching participants how to adjust exercise intensity based on individual symptoms and how to monitor exercise progression.

Other topics covered are the measurement of effects of HIIT on motor and non-motor function, balance, strength and endurance in people with Parkinson's. Participants will gain insight into the latest research findings on HIIT in Parkinson's and how these findings can be applied in practice.

Finally, attention is paid to the role of the therapist in guiding patients in HIIT. This includes aspects such as monitoring training intensity, adapting training protocols to individual needs and supporting participants in achieving their goals.

All in all, this workshop provides therapists and researchers with a practical and scientifically based overview of the use of HIIT in people with Parkinson's disease.
