

## Study in Parkinson Disease of Exercise Phase 3 Clinical Trial: SPARX3

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- 40 to 80 years old - diagnosis of idiopathic Parkinson Disease (PD) - less than 3 years since disease diagnosis

---

**Exclusion Criteria:**

- currently being treated with PD medications such as levodopa or dopamine receptor agonists, monoamine oxidase-B (MAO-B) inhibitors, amantadine, or anticholinergics - expected to start medication within six months of starting the study - previous use of medications for PD for more than 60 days - exercising at greater than moderate intensity for 120 minutes or more per week consistently over the last 6 months - known cardiovascular, metabolic, or renal disease or individuals with major signs or symptoms suggestive of cardiovascular, metabolic, or renal disease without medical clearance to participate in the exercise program - uncontrolled hypertension (resting blood pressure greater than 150/90 mmHg) - any medical, mental health, drug or alcohol abuse, assessment or laboratory abnormality that indicates a problem that could limit ability to participate in the exercise program (study staff will evaluate) - women who are breast-feeding, pregnant, or plan to become pregnant in the next 12 months - unable to have a brain scan

### Conditions & Interventions

**Interventions:**

Behavioral: Treadmill walking

**Conditions:**

Brain & Nervous System

**Keywords:**

Clinics and Surgery Center (CSC), Parkinson Disease, Parkinson's Disease

### More Information

**Description:** The purpose of this study is to compare the effects of 2 different levels of exercise intensity and to learn more about effects of aerobic exercise for people with Parkinson's disease (PD). This study will help us better understand what exercise guidelines should be used in the future.

**Study Contact:** Kristin Garland - garl0038@umn.edu

**Principal Investigator:** Colum MacKinnon

**Phase:** NA

**IRB Number:** SITE00001163

---

Thank you for choosing StudyFinder. Please visit <http://studyfinder.umn.edu> to find a Study which is right for you and contact [sfinder@umn.edu](mailto:sfinder@umn.edu) if you have questions or need assistance.