

# FaST-PD III

## Facilitating Motor Skill Learning by Aerobic Exercise in Parkinson's Disease

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**FaST - PD**  
Facilitating Motor Skill Learning by  
Aerobic Training in Parkinson's Disease

DEUTSCHE  
STIFTUNG  
NEUROLOGIE  
**DSN**

Krankenhaus  
Rummelsberg

Akademisches Lehrkrankenhaus der  
Friedrich-Alexander-Universität Erlangen-Nürnberg

Universitätsklinikum  
Erlangen



Molekulare Neurologie  
Ambulanz für Bewegungsstörungen

KWM **Juliusospital**

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**ClinicalTrials.gov**

ClinicalTrials.gov Registration Number: NCT04653285



# Background & aims

## ➤ Results FaST-PD I:

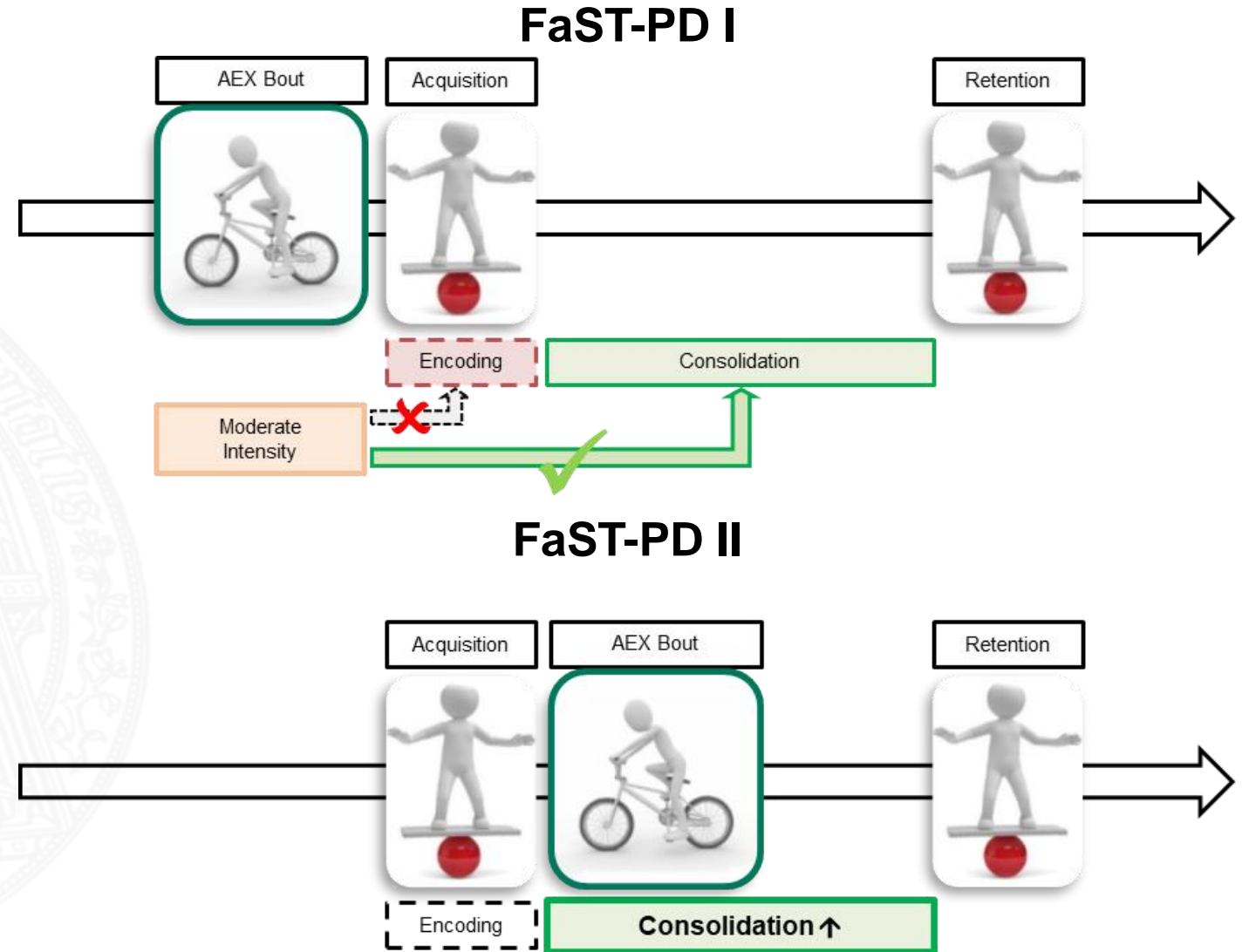
Aerobic exercise (AEX) significantly enhanced motor memory consolidation, but had no effects on motor memory encoding in Parkinson's Disease (PD) (Steib et al., 2018)

## ➤ Results FaST-PD II:

AEX immediately after skill practice showed significantly enhanced motor memory consolidation at 7-day retention test (Wanner et al., 2021)

## ➤ Aim FaST-PD III:

Apply these findings on a long-term intervention and investigate the effects of AEX performed immediately after skill practice over a 6-week training period



## Experiment

(experimental design, group allocation randomized)

N = 20

