

NeuroWell CLEVER-PD Program

REGIONS HOSPITAL REHABILITATION



Fitness is an important component to leading a healthy life. For individuals with Parkinson's Disease, sustained moderate endurance exercise can improve both motor and cognitive function. We have developed endurance-based exercise programming based on the CLEVER-PD research study that allows members to achieve their aerobic fitness goals in a supervised setting. The NeuroWell CLEVER-PD Program is available to individuals with Parkinson's disease interested in experiencing how supervised exercise beyond rehabilitation can further enhance well-being and improve quality of life!

Program Details

A physician may refer you to the CLEVER-PD Program through the NeuroWell Exercise Program at the **HealthPartners Neuroscience Center**. Our program includes:

- **Initial visits with a rehab therapist** to address key considerations to incorporate in the individually tailored endurance exercise program
- **An initial appointment** with the exercise physiologist to establish baseline fitness measures via sub-maximal cardio testing
- **Supervised group exercise appointments** (2-3 60-minute sessions/week) in which 4-6 members carry out their individually tailored exercise routine. For **CLEVER-PD participants**, sessions are progressive in time
- **Re-assessments** completed periodically to track progress compared to baseline fitness measures
- **Access to ActivTrax**, our workout tracking system

How do I start?

Upon referral from your physician to the NeuroWell CLEVER-PD Program, you will receive a call from our rehab schedulers to set up your initial rehab therapy visit; or feel free to call us at **651-254-3200**.

What does it cost?

Rehab therapy visits will be covered by insurance

NeuroWell CLEVER-PD Program Cost:

- **2 appointments per week:** \$150/month
- **3 appointments per week:** \$175/month

Exercise Grants: We are seeking partnerships with organizations that support individuals with Parkinson's disease and offer Exercise Grants to those with a financial need. If interested, ask about the application process at the time of scheduling.



For more information:
651-495-6704

HealthPartners Neuroscience Center
Regions Hospital Rehabilitation
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