

Physical Therapy Resources

Information for Persons with HD

Exercise Examples for Strength & Balance:

<http://eurohuntington.org/what-type-of-activity-can-someone-with-hd-do/>

WALK. Do it daily . Walking is a good way to increase daily level of physical activity, and has been shown to be beneficial in people with HD. Some places that are good to walk are on a track, around the block or anywhere within the neighborhood or around a shopping centre.

Exercise Videos on You Tube:

https://www.youtube.com/channel/UCH7_ed2_mkzXNWPZqVlosw

https://www.youtube.com/watch?v=goA-WZZKJHc&list=PLlQmMRDsNEY1cLor6pzk_f4prjomEznp0

Educational Resources to support people with HD in a more active lifestyle:

<http://eurohuntington.org/active-huntingtons/>

Information for Physical Therapists:

Physical Therapy and Exercise Interventions in HD: A Systematic Review:

<https://content.iospress.com/download/journal-of-huntingtons-disease/jhd170260?id=journal-of-huntingtons-disease%2Fjhd170260>

HDSA/APTA Free Continuing Education Course for Huntington's Disease:

<http://hdsa.org/hdsaapta-continuing-education-course-for-huntingtons-disease/>

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Physiotherapy Guidance Document (2009):

<https://www.hda.org.uk/media/1339/physiotherapy-guidance-doc-2009.pdf>

Physical Therapy Clinical Practice Guidelines (2012):

<https://www.futuremedicine.com/doi/pdf/10.2217/nmt.11.86>

Updated Clinical Guidelines for Exercise in HD Coming Soon!

Educational Resources:

<http://www.cardiff.ac.uk/huntingtons-disease-centre/active-hd>

ACTIVE-HD works to promote exercise and activity in Huntington's disease (HD) through research and collaboration. We work closely with world leading international groups and the European Huntington's Disease Network's Physiotherapy working group to support research and clinical efforts within the area of physiotherapy and physical activity in Huntington's disease (HD).

<http://blogs.cardiff.ac.uk/active-huntingtons-disease/healthcare-professionals/>

Physiotherapy Working Group of The European Huntington's Disease Network:

<https://www.euro-hd.net/html/network/groups/physio>