

# Exercise Helpline

**Toll Free Number: 888-606-1688**

We are pleased to announce that the **Center for Neurorehabilitation at Boston University** has established the country's first **National Resource Center for Rehabilitation with support from the American Parkinson's Disease Association, Inc (APDA)**. As part of the Resource Center, we have a toll-free "helpline" where callers are able to speak with a licensed physical therapist that can answer questions about exercise, provide information about programs in the caller's area and provide educational materials.

Healthcare professionals may find the helpline useful, too. It's a valuable source of information about current, evidence-based management of Parkinson's disease symptoms through safe, effective exercise and rehabilitation interventions.

**Call anytime on Monday through Friday from 9am to 3pm.** If no one answers, please leave a detailed message and we will return your call as soon as possible. **If you prefer to email your questions, contact us at [rehab@bu.edu](mailto:rehab@bu.edu).**