



Non-Pharmacological  
Intervention Society

Non Pharmacological Interventions Registry

## Notice : BeatMove Parkinson Program

Health Problem : Risk of fall



Bodily

Sheet Code

**NPIS-000000027**

### Designation

BeatMove Parkinson Program

### Abbreviation

BeatPark

### Category

Bodily

### Main Indication

Improving the walking ability of patients with Parkinson's disease.

### How does it work?

BeatMove analyzes how fast you walk and plays music that matches your walking rhythm. Then it slowly makes the music a bit faster, checking that you also speed up your walking. After using BeatMove, people were able to:

- Walk 4% farther in a six-minute walking test (T6M) after the Intervention.
- Take 3% more steps per minute at the T6M after the Intervention.
- Walk 3% faster at the T6M after the Intervention.
- Take steps that were 2% longer at the T6M after the Intervention.

## Other Benefits

After the program (compared to before), we also observed:

- An improvement in quality of life.
- A reduction in apathy (lack of desire or motivation).

During the program (compared to the start):

- More calories burned when walking fast.
- More frequent moderate physical activities or walking.
- Fewer falls.
- Less perceived pain.

## Direct Risks

While the program tends to reduce falls, they can still happen during the program.

## Risks of interaction

None observed to date.

## Target Audience

People diagnosed with Parkinson's disease of moderate severity (stages I to III) with walking difficulties.

## Duration

4 weeks

## Sessions per week

5 sessions of 30 minutes.

## Procedure

- 1- The neurologist conducts an initial assessment and prescribes the BeatMove app.
- 2- You use the app on your own at home for walking exercises.
- 3- The physical therapist (or your family doctor) checks your progress along the way.
- 4- If needed, the neurologist extends the prescription at the next visit, taking into account feedback from the therapist or doctor.

## Equipment

BeatMove app downloaded onto a smartphone + headphones.  
Comfortable walking shoes and clothing.

## Location

Preferably on flat, low-traffic areas: park, running track or sports field, walking path, pedestrian zone, wide and even hiking trail, seaside promenade, etc.

## Precautions

Exercises should be done without pain. Contact your doctor if you experience chest pain, persistent muscle pain, difficulty breathing, dizziness, or a serious fall.  
A hip protector pad can be recommended in case of repeated falls.

## Qualification required

This is a self-rehabilitation program supervised by a neurologist, in coordination with your family doctor and/or physical therapist.  
Since the disease severity is moderate, an Adapted Physical Activity Instructor (EAPA) may also get involved

## Author(s) of the Sheet

Tallon Guillaume 

Creation Date : **03/10/2025**

Revision Date : **17/03/2026**

Version : **V01**

**BeatMove Parkinson Program**, NPIS reference document for INM, Code sheet NPIS-00000027, Version V01, 2025.

**Link to the online listing:** [click here](#).

**Suggérez une amélioration :** Rendez-vous sur sa fiche numérique de la plateforme du Référentiel NPIS des INM [by clicking here](#).

### Contact the NPIS

5, rue des Reculettes, 75013 Paris - France

Phone: +33 (0)1 56 79 17 91

[Non-Pharmacological Intervention Society - Non-profit geleerde vereniging van algemeen belang](#)

## Our supporters



## Our partners



### **Regulatory information and precautions:**

Any use or reproduction requires prior authorization from NPIS. Any reference or quotation must mention the NPIS Reference Document for INM.

The reader acknowledges using this information under their sole responsibility.

The NPIS is not intended to answer questions about a personal case or that of a loved one. These should be asked to a healthcare professional. Nothing replaces a consultation with a doctor.

The NPIS is not intended to answer questions about a personal case or that of a loved one. These should be asked to a healthcare professional. Nothing replaces a consultation with a doctor.

**All rights reserved © 2026 NPIS**