**2MWT** - 2 minute walk test

**6MWT** - 6 minute walk test

**abd** – abduction

**act** – activation

**Adj** - adjustments

**Awa** –as well as

**BBS** - Berg Balance Scale

**beg** - beginning

**btw** - between

**BPW** - bilateral pole walking

**C** –c ontrol

**COPD** -chronic obstructive pulmonary disease

**CM** - central metatarsal

**CT** - controlled trail

**EMG** -electromyograph

**EQ5-D -**health care quality of life assessment

**exp -** experienced

**ext** – extension or external

**F** - female

**FEV1 –**forced expiratory volume 1st breath

**FFFT -** Fullerton Functional Fitness Test

**FIQ** - Fibromyalgia Impact Questionnaire

**FM** - fibromyalgia

**FR** - flexibility & relaxation

f**req** - frequency

**G** - group

**GRF** - ground reaction force

**HADS** - Hospital Anxiety & Depression Scale

**HF** - heart failure

**HP** - hiking poles

**HR** – heart rate

**HRQoL -** health care related quality of life

**HRR** - heart rate reserve

**inj** - injury

**int** - internal

**jt –** joint

**LBP –**low back pain

**LBPRS -** low back pain rating scale

**LD** – latissimus dorsi

**LE** - lower extremity

**M** - male

**meas** - measurement

**mm** - muscles

**mod** - moderate

**mod/severe** - moderate to severe

**n -** size of sample

**NW** - Nordic walking

**Pain VAS** - pain visual analogue scale

**PD** - Parkinson’ Disease

**PDQ39 -** Parkinson’s Disease Questionnaire

**Pop**- populations

**pt, pts** - patient(s)

**PSFS** - Patient Specific Functional Scale

**PW** – pole walking

**RCT** – randomized controlled trial

**RER** - respiratory exchange ration

**RET** - resistive exercise training

**RPE** - rating of perceived exertion

**SS** - statistically significant (p<0.05)

**Sup -** supervised

**Sx** - symptoms

**tol –t** olerance

**TP** - trekking poles

**TUG -** Timed Up-and-Go Test

**UE** - upper extremity

**UPDRS -** Unified Parkinsons’s Disease Rating Scale

**unsup -** unsupervised

**VCO -** carbon dioxide volume

**VE -** ventilator efficiency

**VO2** - oxygen consumption

**w/** - with

**wk/wks**-week(s)

**w/o** - without