



Exercising for stroke rehabilitation

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20 April 2007, An Auckland study is looking at the benefits of exercise programmes for people with stroke-induced mobility problems.

Researchers at The University of Auckland are looking for volunteers to take part in a new study looking at exercise rehabilitation for people whose walking has been affected by stroke. The study will compare the recovery of participants' walking when taking part in group exercise sessions to those participants who receive information about healthy living through a social and educational group.

Volunteers are also required for a related study looking at the usefulness of step activity monitors as a means of measuring walking ability in people who have had a stroke.

"A lot of people who have a stroke have some changes in their walking," says Suzie Mudge, the PhD researcher leading the trial at the University's Faculty of Medical and Health Sciences. "We know exercise programmes improve aspects of walking after a stroke, however we don't know if those changes translate to changes in how people usually walk when not being observed by their doctor. We think that the use of activity monitors may give us some insight into this question by providing therapists with a way to keep track of walking outside of the clinic."

If you have had a stroke more than six months ago and would like to take part in the studies, please contact Suzie Mudge on 09 373 7599 ext 85387. You should be able to attend sessions at the Neuro Rehab Results clinic in Northcote (assistance will be given for travel costs), and should not currently be receiving treatment for your walking.

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