

If interested...

...please contact us and we will give you more information. Jean Udo at (410) 706-6779.

"STRONG allows participants to access more exercises and activities and makes their life easier"

Study:

Efficacy of an Interactive Web-Based Home Therapy Program in the Recovery of Arm and Hand function following Stroke: A Randomized Trial (STRONG)

STRONG Study Principal Investigator:

Kelly Westlake, PT, PhD

University of Maryland School of Medicine

Department of Physical Therapy and Rehabilitation Science

Sponsor:

National Institute of Disability, Independent Living, Rehabilitation Research (NIDILRR)

STRONG

Efficacy of an Interactive Web-Based Home Therapy Program in the Recovery of Arm and Hand function following Stroke: A Randomized Trial



**UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE**

**PHYSICAL THERAPY
AND REHABILITATION SCIENCE**

What is the goal of the STRONG study?

Due to the increasing prevalence of stroke, there is a need for strategies that allow individuals to train at home and manage/

progress their rehabilitation duration and intensity. This study also aims to improve quality of life, independent, and social participation in a long run. We intend to enroll 134 participants in total.

Who is eligible?

To be eligible for the STRONG study, you must:

- ◆ Be 30 years of age or older
- ◆ Have had a stroke causing impaired upper limb function
- ◆ Recently discharged from outpatient rehabilitation OR Beyond one-year post-stroke and not in treatment or training
- ◆ Able to use a computer/tablet with a camera
- ◆ Able to follow two-step commands
- ◆ Able to have a helper on hand for the three testing sessions

What happens if I join this study?

If you are eligible for this study, you will undergo functional testing

via audio-visual platform that will examine the ability for you to use your arms after stroke. These evaluations will be performed three times:

- ◆ Before training,
- ◆ After six weeks of training, and
- ◆ Six weeks after completing your 6-week home exercise program

You will be put in one of two treatment groups: a home exercise program guided by a computer program or a written home exercise program provided by therapists. You will have a 50/50 chance of being assigned to either group. In both groups, you will receive training in your home exercise.

Where do I go for this study?

The consenting, testing and training will take place at your home. No outside visitors.

Video and audio recording

Part of the test will be videotaped for someone to assess you without knowing which group you were assigned to while in the study. This videotape will not be associated with your name and will only be used to analyze the data and for assessment purposes related to this study. At the conclusion of the study, we will also ask you what you thought about your home exercise program. Your answers will be audiotaped but your name will not be associated with this tape.



This study has been approved by the University of Maryland, Baltimore (UMB) Human Research Protections Office.

620 W. Lexington Street, 2nd Floor
Baltimore, MD 21201
410-706-5037

Study #: HP-000777863