Supporting Upper limb reCovery through Exercise for Stroke Survivors (SUCCESS)
Lennon S, Bellon M

Principal Supervisor: Prof Sheila Lennon
School of Health Sciences
sheila.lennon@flinders.edu.au

Co-supervisor: Dr Michelle Bellon
School of Health Sciences
michelle.bellon@flinders.edu.au

Brief Outline of the project

69% of all stroke survivors experience persistent functional motor impairments in the upper limb and only 50% of stroke survivors are able to regain functional use of their most affected arm (Barker and Brauer, 2005). Upper limb recovery and function after stroke is a major clinical and research priority (World Stroke Organization, 2014). Constraint-Induced Movement Therapy (CIMT) is an evidence-based therapy to promote recovery of paralysis of the upper limb in people post-stroke, by encouraging intensive use of the arm and hand. A Cochrane review of upper limb therapies for stroke has found CIMT is the most effective intervention to regain lost function (Langhorne et al., 2009). The aim of this project is to explore the feasibility and acceptability of establishing a group based constraint-induced movement therapy (CIMT) class for recovery of upper limb function in stroke survivors in the community.

References


Location of Project

Health Sciences Building, Repatriation General Hospital, Daw Park