

If you:

- Are aged 18 +
- Are at least 6 months post stroke
- Are now experiencing balance or mobility impairment
- Are able to walk 20 metres without aid

We invite you

To participate in a research trial investigating a new exercise program, SmartStep Stroke, to improve balance and mobility

Participating in this study is voluntary. It will not cost you any money, nor will you be paid

UNSW Ethics Approval: iRECS7307

Contact our team

If you are interested in learning more about the study, please contact our SmartStep Stroke team:



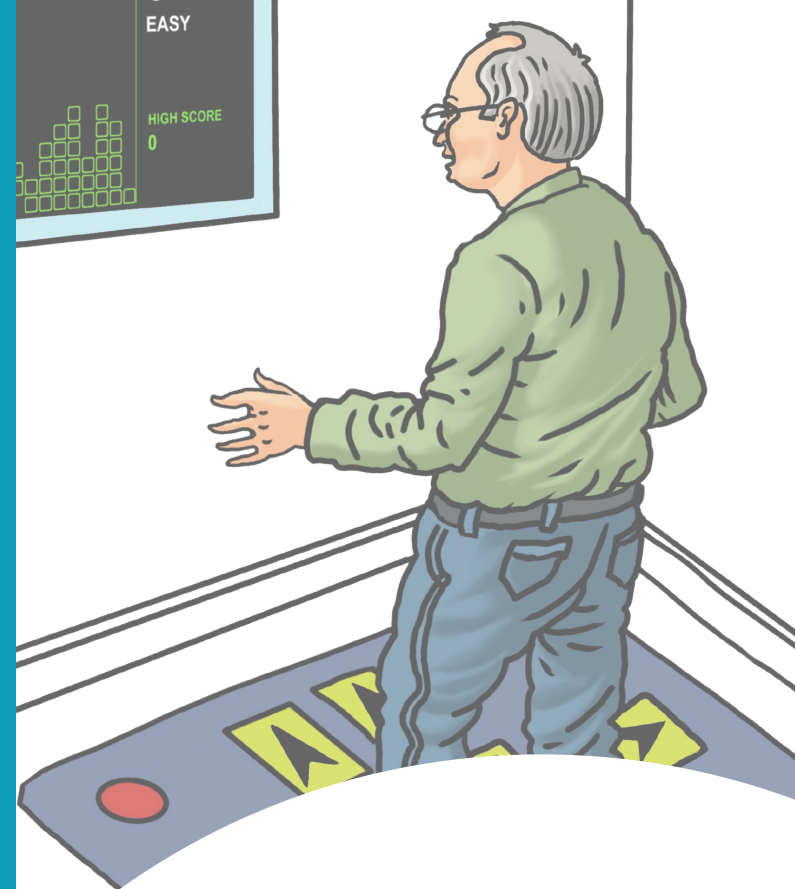
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Funded by:



smart+step
stroke

Information Brochure

What are the aims of this study?

- To determine whether playing home-based exergames for 4 months can improve balance and mobility after stroke.
- Exergames involve playing arcade-style games by stepping on a mat
- To test whether this exercise program can:
 - Improve cognition
 - Improve quality of life
 - Reduce fear of falling



Online Questionnaires

- Before the start of the baseline assessment
- Survey on: basic health, quality of life, symptoms
- Duration: 30 minutes.

Assessments

- Physical assessments at NeuRA at the start of the study and after the 4-month period
- Duration of first assessment: 2 hours
- Duration of second assessment: 1 hour

Physical Activity Tracking

- Wear an activity watch for 7 continuous days

Control vs. Exercise Group

- After the baseline assessment you will be placed into one of two groups at random (like a flip of a coin).
- Control group: carry on with daily life 'as normal' for the duration of the study and offered the four-month exercise program with supervision at the end of the study.
- Exercise group: home- based exercise program

Monitoring

- The research team will visit your home on one or two occasions after the baseline assessment
- Weekly online surveys to record fall frequency

Exercise group:

We will provide, set up and teach you how to use the exergames safely in your home. For four months, we will ask you to play the games at home with the goal of reaching a total of 120 minutes/week.

Scan QR to watch a video introduction to the SmartStep Stroke program

