

## Reshaping Exercise Habits and Beliefs (REHAB)

*Program to test the effectiveness of a home-based exercise program following stroke.*

- ◆ *Education about the cause of your stroke*
- ◆ *Individualized strategies to prevent another stroke*
- ◆ *Weekly phone contacts*
- ◆ *Customized exercise program with walking prescription and “homework” designed according to your REHAB goals.*



**The University of Maryland and the Baltimore VA Medical Center have several exercise and weight loss research programs for older adults and for stroke survivors.**

**For information on any of our exercise research programs, please call:  
410-605-7000 ext 5413**



**A research study exploring the effect of home based exercise after stroke funded by the Department of Veterans Affairs  
Baltimore VAMC GRECC**

For more information:  
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Phone: 410-605-7000 ext 5413



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## Reshaping Exercise Habits and Beliefs (REHAB)



Exercise may improve cardiovascular fitness and walking recovery after stroke. Investigators at the Baltimore Veterans Affairs Medical center and the University of Maryland are examining the impact of a motivational program to help stroke survivors establish and

stick to an exercise program at home following discharge from inpatient care. REHAB is a unique program designed to supplement your outpatient therapy during the stroke recovery period. Stroke survivors who volunteer to participate in the REHAB program and meet eligibility criteria will be randomly divided into two groups: one group will receive stroke education, and the other will receive a home exercise program. Both groups will be called at home weekly for 12 weeks to offer support and answer questions. Both groups will be tested on walking, and other activities periodically over 6 months. All participants will continue to receive all of their usual inpatient and outpatient physical, occupational and speech therapy as ordered by their physician. This program is not a substitute for any medically ordered and supervised rehabilitation program, but will supplement ongoing therapy.

### Each participant will receive:

- An hour-long educational program on stroke, and weekly telephone calls for 12 weeks. An experienced rehabilitation specialist will call you to check and see how you are doing.
- A thorough evaluation of walking patterns at several time points over the course of the first year of your recovery using a state of the art Step Activity Monitor (SAM) (see picture of SAM below).
- The SAM will register strides and count your progress in steps and generate a complete printout of your own activity patterns.



### To be eligible for this program, you must:

- ◆ be between 40 and 85 years old
- ◆ Have had a stroke within 3 months
- ◆ Have marked deficits on one side of your body making it difficult to walk
- ◆ Be able to walk 30 ft. with or without assistive device

For More Information:

Please answer the questions below:

Have you (or someone you know) had a stroke within the past 6 months?

Yes

No

Do we have permission to contact you using the information you have provided?

Yes

No

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

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