

Benefits of Participation

Faculty investigators and health professionals will develop an individualized exercise program for each eligible participating stroke survivor based on:

- Health status
- Functional limitations
- Exercise capacity

Participants receive a FREE comprehensive baseline health evaluation including:

- Physical exam
- Laboratory blood tests
- Electrocardiograms (EKG)
- Exercise treadmill tests
- Blood pressure checks
- Blood flow tests
- Body composition and obesity evaluation
- Diabetes risk assessment
- Lipid (cholesterol) profile
- Health questionnaires

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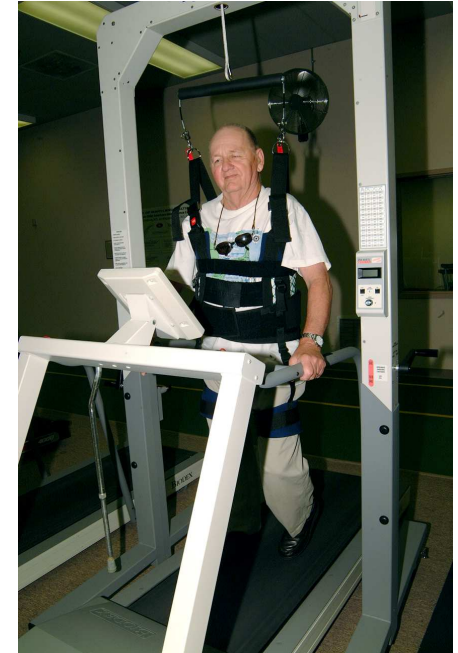
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UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE
And
VA MD HEALTH CARE SYSTEM Geriatric Research,
Education and Clinical Center



Stroke Treadmill Exercise Prescriptions (STEPS)



STROKE SURVIVORS

In the United States, stroke is the leading cause of disability and loss of functional independence in adults.

Nearly half of all people who have had a stroke still have partial paralysis on one side of the body.

Weakness after a stroke can impair walking and arm function, and increase the risk of falling.

Many individuals who have had a stroke become very physically inactive which can lead to worsened physical deconditioning and weakness.

Exercise programs are vital to promoting health and preventing or delaying the onset of further strokes and other cardiovascular events.

Stroke Treadmill Exercise Prescriptions (STEPS)

STEPS is a research study that will investigate what type of exercise program will be the most beneficial.

The exercise programs are:

- 1) Stretching exercises to decrease spasticity and improve range of motion**
- 2) Treadmill training of increasing duration to increase endurance**
- 3) Treadmill training of increasing difficulty to increase speed of walking**



The VA Maryland Health Care System's 5,000 square foot *Senior Exercise and Rehabilitation Center (SERC)*, is fully equipped with state of the art exercise equipment, and provides a motivational, comfortable, and safe setting for older adults to exercise

Participate

Have you had a stroke?

Are you at least 40 years of age?

If you had a stroke, do you still walk with a limp, or use a cane or walker?

Do you still have weakness in your leg or arm?

If you answer YES to these questions and are interested in participating in an exercise research study, please call the study coordinator:

410-605-7000 ext. 4842