



The Stroke I.M.P.A.C.T. Study

NEWSLETTER

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Get Ready For The Vernal Equinox



If you, like so many, are eagerly anticipating the arrival of spring, you don't have much longer to wait. The vernal equinox, occurs on March 20th. An equinox in astronomy is that moment in time (not a

whole day) when the center of the Sun can be observed to be directly above the Earth's equator. On that date the daylight hours will be longer than the nighttime. This astronomical phenomenon offers us more daylight thus more time to enjoy the outdoors.

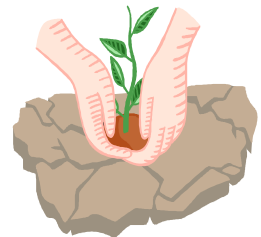
How will you take advantage of increased daylight and the warmer weather that accompanies it? Are you a gardener? A golfer? A swimmer? A sun worshipper? Do you enjoy a noon time stroll? Is a picnic your idea of a perfect afternoon?

There's a mystique to spring and renewal is

it's essence. So let us design a program for the renewal of our individual stroke rehabilitation practices. Begin the spring with a new resolution to take advantage of the increased daylight hours and take activities outdoors. Use this opportunity to begin a new activity or revisit an old one.

Take any daily activity outdoors. Crossword puzzles, sudoku, word searches and card games are all great activities to bring to the warmth of the outdoors. We have provided some puzzles on page 2 to jump start your efforts.

Most of all this March renew your efforts to use your affected side in a greater way. We usually think of resolutions in January but sometimes by March we have already reverted back to what's easiest. Plant the seeds now and by summer you will reap your rewards.



Improving Motor Performance Applying Constraint Therapy



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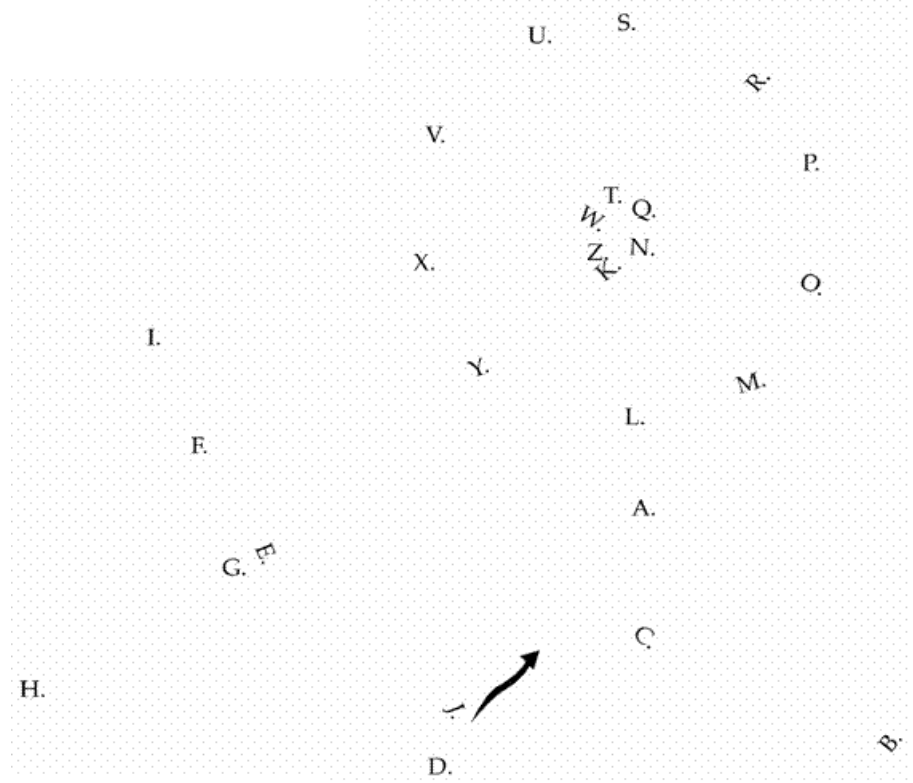


I.M.P.A.C.T.

9		3	1			4	7	
			7		4		9	
8					9	3	5	1
2	8						6	
		7		5		1		
	9						8	2
1	3	2	5					7
	5		2		8			
	4				1	9		5

Sudoku in the Sunshine! Take this puzzle outdoors and enjoy the spring. Don't forget to use your affected hand and apply your sunscreen!

Connect the dots to create a symbol of spring time. If you are feeling energetic color it in when you are done.



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