



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

NEWSLETTER

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The second year of The Stroke I.M.P.A.C.T. Study is in full swing with both the University of South Carolina and Colorado State University joining the University of Florida busily running subjects at their respective locations. New participants are evaluated before and after their ten days of training, and again four months post-training. Returning participants or "Boosters" (subjects who have received CIMT as part of a previous research study) follow the same schedule as first timers offering another dimension to the research findings. The Stroke I.M.P.A.C.T. Study will help define the parameters of CIMT. How much, how often, how soon after stroke and in-lab versus home

training are all elements of I.M.P.A.C.T. research.

This is the first time the University of South Carolina and Colorado State University are participating in a CIMT study. Dr. Stacy Fritz and Dr. Matthew Malcolm have considerable experience with CIMT. Both were students of Dr. Kathye Light's at the University of Florida, where they earned their Ph.D.s. and worked in Dr. Light's lab on previous stroke rehabilitation studies.

At the University of Florida Dr. Kathye E. Light, Principal Investigator, is excited about having all three sites running subjects

now. "I am both proud and confident in Drs. Fritz and Malcolm. Having former students rise to their level, joining me as co-PI's is very rewarding."



Improving Motor Performance Applying Constraint Therapy



University of
South Carolina



University of
Florida



Colorado State
University



Important Reminders for I.M.P.A.C.T. Participants

Pre Therapy:

- Before you come for your I.M.P.A.C.T. training make sure you have your physician's signature on the medical release form. Bring it with you to your appointment.
- Read through the Informed Consent papers. You will have an opportunity to ask questions about the Informed Consent when you meet with the Lab staff on your evaluation day. If you have not already signed the Informed Consent, you will have an opportunity to sign the papers while meeting with a staff member who will go through the paperwork with you.
- Lunch will be served on your training days, but **not** on evaluation days. Make sure to have a good breakfast on the day of your evaluation. Your evaluations can take up to three hours.

Post Therapy:

- After going through Constraint-Induced Movement Therapy it is important for you to continue your activities with the more affected hand. The more you use the weaker hand –the stronger it will be.
- Remember that your training will have a cumulative effect. Don't expect drastic, immediate changes in the capabilities of your more affected hand—the progress will become apparent in small steps as you continue to follow your trainer's suggestions..
- By making every effort to use your weaker hand in your daily activities you will benefit just as if you were wearing the mitt. The important thing is to **use** the weaker hand as much as possible. *Learned non-use* of your more affected hand is a big obstacle to your recovery.

Helpful Websites:

<http://impact.phph.ufl.edu/>

<http://www.stroke.org/>

<http://www.ninds.nih.gov/disorders/stroke/stroke.htm>

<http://www.strokeassociation.org/>

<http://www.americanstroke.org/>

NEWS! NEWS! NEWS!

Dr. Stacy Fritz and Dr. Kathye Light together with other colleagues authored an article on CIMT in a recent issue of *Physical Therapy Journal*.

Log on to the site below to view the article in its entirety.

<http://www.ptjournal.org/cgi/content/full/86/6/825>

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