



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

NEWSLETTER

Volume 18 Sept/Oct 2008

Where Are They Now?

Have you wondered what happened to the nice young people who trained you during your participation in The Stroke I.M.P.A.C.T. Study? We pride ourselves on the excellence of our lab staff here at UF as well as USC and CSU and we follow their academic and professional paths with interest. Staff members often inquire about the former subjects they trained and we thought you'd like to know about them.

Dr. Kathy Light has a reputation for mentoring young research talent. Co-PI's Dr. Stacy Fritz at South Carolina and Dr. Matt Malcolm at Colorado State, where both UF graduate students working under Dr. Light previous to I.M.P.A.C.T. Our original booster subjects who came from either EXCITE or Biomed may

remember Stacy and Matt from years ago. Now, another star student of Dr. Light's and a greatly missed member of the I.M.P.A.C.T. program, Dr. Yi-Po "Po" Chiu has moved on to Louisiana State University as an assistant professor. In the future Dr. Light has plans to include Dr. Chui in potential new research projects.



Here's some updated info about other I.M.P.A.C.T. staff members (past and present): Tara is very close to receiving her Ph.D at UF.

Osa is a fulltime student closing in on her degree as a Physical Therapy Assistant. Kristin is a licensed Occupational Therapist currently working at Shands

Rehab Hospital. Conner is a third year DPT student at UF. Cherisse is a 2nd year DPT student at UF. Both Sarah and Andrea just started the first year of UF's DPT program. Cont'd

Improving Motor Performance Applying Constraint Therapy



University of
South Carolina



University of
Florida



Colorado State
University



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We hate to see these people leave us, but we are proud of all their accomplishments. Luckily, we have a continuous stream of new talent to fill the spots vacated by our alumni.

Reminder Time

Have you been keeping up with your exercises and stretches? Are you making every effort to use your affected arm and hand? Often subjects ask us what they can do (for themselves) after they complete their participation in The Stroke **I.M.P.A.C.T.** Study. Our reply is never what folks want to hear. "Keep doing the things you were doing during your training," they are told.

You may be finished with the mitt, but you can practice as though you are wearing it. Remember the more you use your weaker hand the greater the chances that function will improve. Going back to ignoring your affected arm and hand will do you no good. Do you remember the concept of "learned non-use?"

While each subject's training program activities are designed specifically for them, there are lots of helpful suggestions that apply to everyone.



- 1) Stretch: Go thru the YMCA exercises everyday. If your hand is tight and stuck in a fist, apply gentle pressure to the back of the hand while you stretch it out on a table.
- 2) Use your weak hand: Even if you can only flip a light switch or push open a door, do it with your affected arm and hand.
 - 3) Try to regularly add new tasks to your affected hand/arm. Pushing yourself a bit is good.
 - 4) Stay positive: Be your own best cheerleader. Appreciate your gains however small and stop using negative language. Remove "I can't do that anymore" "My hand is useless" and "It's never going to get better," from your vocabulary. Replace with "I'm improving every day," and "I'm proud of my effort."
- 5) Keep in touch with the Lab: We are happy to hear from you by telephone. We'll inform you of any news that relates to you.
- 6) Lastly: Take full advantage of the training **I.M.P.A.C.T.** offers you. If you are eligible for a booster course and have been invited to participate, **DO IT!**

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