



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

NEWSLETTER

Holiday Issue December 2006

We here at the Stroke I.M.P.A.C.T. Study wish you and your family health and happiness this holiday season. During this time there's so much to do. Many holiday activities simulate exercises and tasks we use in I.M.P.A.C.T. training. Whether performed independently or helping another person, holiday activities will keep your fingers, hands, and arms challenged. Tree trimming, stringing popcorn garland, decorating cookies, lighting candles, sip-

ping eggnog, wrapping presents, and tying bows all make good rehab activities.



Try using both hands to roll out cookie dough and use your more affected arm on the cookie cutter.

Wrapping holiday gifts is a big job made up of many little jobs. Perfection is not the important thing. What is important is that you participate regardless of the level of your precision.

Use your more affected hand to hold the ribbon in place while someone else ties the bow. Be the designated scotch tape ripper. Hold the wrapping paper steady while supervising a child using scissors. In the kitchen: Mix up a batch of chex

Improving Motor Performance Applying Constraint Therapy



University of
South Carolina



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Florida



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party mix with your more affected hand. Help with clean-up: wiping off counters, unloading the dishwasher, rinsing pots and pans with a kitchen sprayer.

The list is almost as long as a child's wish list. The important thing is to get involved and attempt these and other tasks with your more affected hand. Be safe and creative, and keep up the good work!

The Stroke I.M.P.A.C.T. Study Newsletter Available On-Line!

Starting in January 2007, back issues of The Stroke I.M.P.A.C.T. Study Newsletter will be available for viewing on the I.M.P.A.C.T. website.

Visit us on the web at [http://
impact.php.ufl.edu/](http://impact.php.ufl.edu/) and click on the Newsletter Archive link.

When you make your New Year's Resolutions - - Make sure they have
I.M.P.A.C.T.

MORE READING

Dr. Kathye E. Light, Principal Investigator of The Stroke I.M.P.A.C.T. Study is one of nine authors on a recent article published in JAMA (The Journal of American Medical Association). The article titled *Effect of Constraint-Induced Movement Therapy on Upper Extremity Function 3 to 9 Months After Stroke: The EXCITE Randomized Clinical Trial* was published in the November 1, 2006 issue of JAMA. It can be viewed on the JAMA website www.jama.com

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