



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

## NEWSLETTER

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### Summertime and the Livin' is Easy

Feel the heat? During the summer season there is no better place to beat the heat than the beach. We've come up with a few **impact**full activities to entertain you at the beach.

Walking in sand can be challenging, so don't push too hard. Find a convenient spot within reach and set yourself up for comfort, ease and relaxation. Then take a moment to appreciate the beauty of your surroundings. All your senses will be activated. Breathe it all in. Smell the sea air, listen to sounds of the waves hitting the shore, appreciate the beauty of the ocean and the horizon, feel the sand under your feet and taste the saltiness on your lips.

The first thing everyone needs to do at the beach is apply sunscreen. Use your more affected hand to apply the lotion on yourself and on others. Rub it in using long swipes, short swipes and circular motions. Remember to screw the cap back on the tube or bottle when you are done using the same hand.

Sand provides the perfect medium to get your affected hand moving. Simply pushing it around, digging small holes and filling them back in is a creative therapeutic task. Once your hand is warmed up, you can advance to more challenging activities. Reach for a toy shovel and

fill a pail. Start with one or two shovel-fulls of sand and see if you can lift the pail. Keep adding more sand until the pail is too heavy, then dump it out! You're on your way to building a sand castle.

Take a leisurely walk along the water's edge. Pick up any interesting shells you may find along the way. You can either use your affected hand to hold a bag or bucket or use it to pluck your treasures from the sand. Either way this is a great activity to get your heart pumping and your muscles working.



Up for a real challenge? Try flying a kite or tossing a Frisbee. Both are good activities to work on your hand-eye coordination. It's so much fun you won't even realize you're doing any exercise! But watch out for bystanders. Make sure you have plenty of space between you and fellow beachgoers.

By now your stomach will be grumbling. Nothing says lunch on the beach like **sand**wiches. Remember to use your more affected hand at your beach picnic. Grab your beverage and quench your thirst. If you should spill—no problem! Sand is a forgiving tablecloth. Reach into a bag of chips and munch them one at a time.

After a busy day at the beach you can relax at home with a puzzle. Check out page 2.

### Improving Motor Performance Applying Constraint Therapy



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## Sun and Sand Scenario

Now that your head is at the beach. Here is an activity for you to do right now with your hands. Exercising caution, use your more affected hand to cut out these puzzle pieces with a pair of scissors. If needed, ask someone else to do the cutting.



Use your hand (you know which one) to assemble the pieces to create a beautiful beach scene. Once its in order, glue the pieces to a blank sheet of paper to create a lasting memory of your work. Send us your glued, solved puzzle and we will recognize you next month.



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