

Assessing an online seated exercise program on post-stroke balance and mobility Virtual Physical Activity Seated Exercise (V-PASE)

Location: Across Canada

Description: After a stroke, some experience difficulties in walking and standing. Regular exercise can improve walking and standing ability yet, limited access to community programs can poorly affect the health of those living with a chronic stroke. Exercises that are completed in a chair have been shown to improve walking ability and balance in those with stroke. However, no study has investigated the effects of delivering a seated exercise program online on mobility in those with a stroke and mobility impairment.

Researchers at the University of British Columbia and across seven regions in Canada have developed a 10-week seated exercise program that is delivered remotely through videoconferencing (e.g., Zoom). The study aims to determine if delivering an online seated exercise program can improve balance, mobility, and blood markers (sugars and cholesterol) in those living with a chronic stroke (more than 6 months post-stroke) and mobility impairment.

Language: English only

Eligibility:

- Adult (as defined by Province)
- Chronic stroke (more than 6 months post-stroke)
- Ability to stand up from a chair (can use arm rests)
- Mobility impairment of lower extremity (requires a walking aid)
- Able to safely engage in exercise and tolerate 60 minutes of exercises
- Able to communicate in English
- Have access to a tablet, computer, or laptop with internet and email access

Participant requirements:

The study will be delivered online via video-conferencing software (e.g., Zoom). Participants will be allocated to either a 10-week seated exercise program or a delayed 2-week seated exercise program. Each seated exercise program will be 1 hour long and be delivered by a trained exercise instructor, 3 times a week.

Assessments will take place on 3 to 4 occasions, depending on group allocation, where balance, lower extremity strength, walking capacity, cognition, fatigue, and quality of life will be measured. This study will also involve 2 to 3 visits to a local blood collection facility (e.g. a LifeLabs) to measure blood sugar and cholesterol levels. Participants will be provided a \$20 honorarium after attending the blood collection facility.

Institution: University of British Columbia

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