Study ID:IRB202100922 Date Approved: 8/12/2021

BENEFITS OF BACKWARD WALKING TRAINING AFTER STROKE

Physical rehabilitation of walking post-stroke is designed to improve mobility in the presence of motor, sensory, and balance impairments. In a recent V.A. funded study, we examined the effectiveness of a novel Backward Walking Training Program to improve walking speed and balance in acute and chronic stroke.

Study results showed that the Backward Walking Training Program sustained better improvements in walking speed and balance confidence compared to a standard Balance Training program.

ABOUT THE BRAVE STUDY

This research study will compare two different doses of backward walking training, 18 versus 27 sessions, for maximizing gains in forward and backward walking speed and dynamic balance post-stroke.

Researchers will also assess brain activity via magnetic resonance imaging (MRI), before and after training interventions to determine if structural and functional brain measurements can predict degree of response to backward walking training.

This is a V.A. funded study led by researchers from the V.A. and a research collaboration between Brooks Rehabilitation and the University of Florida. The study is being conducted at the Brooks Clinical Research Center in Jacksonville, Florida.

BRAVE STUDY

FOR MORE INFORMATION, PLEASE CONTACT:

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BRAVE STUDY

Brain Recovery after Variable Exercise

Walking and Balance Recovery after Stroke

BROOKS Rehabilitation

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YOU MAY QUALIFY IF YOU:

- Experienced your first stroke more than 2 months ago, but less than 4 months ago
- Are between 18-90 years of age
- Have difficulty walking and with standing balance but are able to walk short distances
- Have some weakness in your leg affected by your stroke
- Will be living in the Jacksonville area for the next 9 months

THIS STUDY INCLUDES:

- Either 18 or 27 sessions of backward walking training on a treadmill and overground (3 times a week for 6 or 9 weeks)
- A series of 4 walking and balance evaluations over 9 months
- 2 MRI sessions at the University of Florida in Gainesville
- Participants will be compensated $25 per exercise session and $100 per MRI visit

1 LEARN

Individual learns initial information and confirms interest in hearing more about the research study.

2 FOLLOW UP: _____

Study coordinator follows up with the potential participant and obtains further information, including but not limited to, a request for medical records and a phone screen.

3 SCHEDULE

Study coordinator schedules a day and time for the potential participant to come in for an onsite screen.

4 ONSITE SCREEN

The potential participant comes in for an onsite screen to determine eligibility for the research study.

Onsite Screen Date: _____

5 ENROLL

If the potential participant qualifies, they are then enrolled into the study.