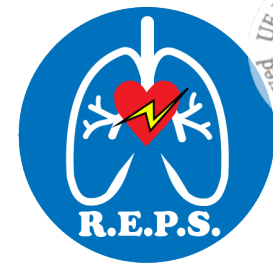


# R.E.P.S. Study

Respiratory Exercise Post-Stroke



## Did You Know?

- » Cigarette smoking directly contributes to 25% of stroke cases
- » Along with arm or leg paresis, respiratory muscle weakness hinders rehabilitation, reduces quality of life, and increases future respiratory risks
- » Respiratory muscle training has been shown to increase respiratory strength post-stroke

## About This Research Study

The R.E.P.S. Study will examine if combining respiratory muscle training (RMT) with a Stroke Wellness Program will improve physiologic activity and societal participation outcomes in chronic stroke survivors. The study consists of 24 exercise sessions, 3 times a week over 8 weeks. Participants will receive \$15 per exercise and assessment session that is completed.



## You may be eligible if you:

- » Are 18 years of age or older
- » Had a stroke greater than 6 months ago
- » Are community-dwelling
- » Are able to walk 20 ft with minimal assistance
- » Are able to attend exercise sessions at the Brooks Stroke Wellness Program 3x a week for 8 weeks

## For more information, please contact:

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