

Target Area: Anxiety, Depression, Stress & Adjustment

<p>Lai, Studenski, Richards, Perera, Reker et al (2006). <i>Therapeutic Exercise and Depressive Symptoms After Stroke</i>. Journal of the American Geriatric Society 54(2): 240-247</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Studytype: RCT.</p> <p>Y Population: Stroke survivors, who suffered a mild to moderate stroke.</p> <p>Y Groups:</p> <ol style="list-style-type: none"> 1. Exercise group (n=44, 52% male, M=69±9 years). 2. Usual care group (n=49, 55% male, M=70±11 years). <p>Y Setting: Family home.</p> <p>Primary outcome measure/s:</p> <p>Y Geriatric Depression Scale (15 item).</p> <p>Y Medical Outcome study 36 item (SF-36).</p> <p>Y Stroke Impact Scale (SIS).</p> <p>Y Motor measures including Berg Balance Scale, Functional Reach, Wolf Motor Function test Emory, together with measure of strength and mobility.</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: Depressive symptoms were significantly lower in the exercise group compared with the usual-care group immediately following the intervention (and to some extent at 9 months post) with a greater group effect seen in those participants who reported depressive symptoms at baseline. Quality of life was also rated higher in the exercise group.</p>	<p>Aim: To reduce depressive symptoms in stroke survivors through physical exercise.</p> <p>Materials: Stationary bicycle, elastic bands of varying resistance.</p> <p>Treatment plan:</p> <p>Y Duration: 36 sessions (session length not provided).</p> <p>Y Procedure: 3 exercise sessions per week for 12 weeks.</p> <p>Y Content:</p> <ul style="list-style-type: none"> - <i>Exercise group</i>: A progressive exercise program targeting strength, balance, endurance, and upper extremity function was implemented in the home, supervised by a physical or occupational therapist. - <i>Usual care group</i>: Home rehabilitation services were provided. A research assistant visited every 2 weeks to provide education about stroke prevention and to take measurements of blood pressure and oxygen saturation.