




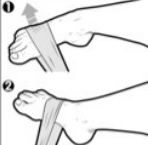
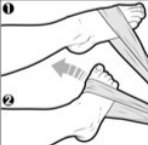


Empowering Survivors. Enabling Clinicians.



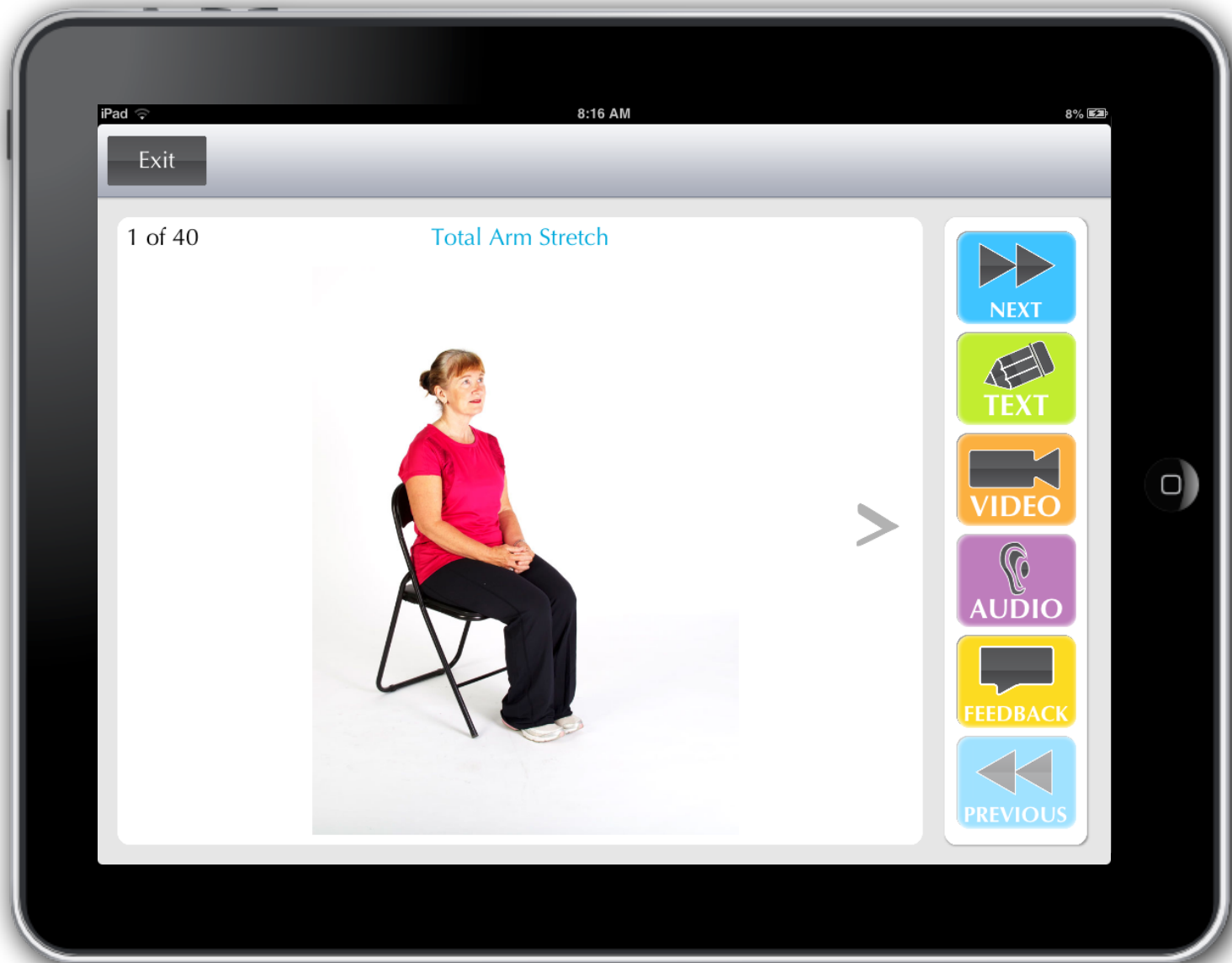


We can do better!

	ANKLE PUMP Point your foot away from you and pull it back towards you in a smooth, rhythmical manner.
SETS & REPS: 20 reps	FREQUENCY: 5 x day
	ANKLE INVERSION / EVERSION Slowly turn the sole of your foot inwards as far as you can, then outwards as far as you can. Repeat this gentle movement.
SETS & REPS: 20 reps	FREQUENCY: 5 x day
	WEIGHT-BEARING DORSIFLEXION With your feet a shoulder-width apart, squat down, flexing your ankles as far as you comfortably can. Return to standing and repeat.
SETS & REPS: 20 reps	FREQUENCY: 3-5 x day
	RESISTANCE BAND EVERSION Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned in (1), turn your foot outwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.
SETS & REPS: 3 x 15	FREQUENCY: Daily
	RESISTANCE BAND INVERSION Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned out (1), turn your foot inwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.
SETS & REPS: 3 x 15	FREQUENCY: 3 x week

Handwritten notes on lined paper with stick figure diagrams:

- 2** Standing, holding onto sink. Lift (R) leg out to the side. Keep pelvis level.
- 3** Holding onto sink. Lift one knee as high as possible. Repeat x5 each leg.
- 4** Mini squats - Hold onto sink - bend both knees a little way & straighten up. Repeat 5-10 x.



Exit

1 of 40

Total Arm Stretch



StrokeLink Objectives

- 1) Increase opportunities for practice time without changing the staffing model
- 2) Quantify independent practice time without increasing the burden on the patient or staff
- 3) Increase patient engagement, understanding and satisfaction with therapy





StrokeLink & Best Practices

1) Rehabilitation: Sections 5.3, 5.4, 5.5, 5.6

- Patient specific and functional activity based rehab
- Empowers participation independent of therapist, impacting patients long term “therapy behaviour”
- Ability to monitor progress over time

2) Transitions: Sections 6.1, 6.2, 6.3, 6.4, 6.5

- Tool for educating patient and families in preparing for transitions to community
- Communication of patient abilities and programs using pictures, videos, customized language, text ensures clarity of recommendations from team

StrokeLink Stories





StrokeLink Therapy Stations



Hamilton Health Sciences

One of two StrokeLink Therapy Stations implemented at Hamilton General Hospital.

Patients completed GRASP therapy protocol, guided by StrokeLink.



Acute Care



Inpatient
Rehab



Outpatient
Rehab



Home



StrokeLink Enabling Practice



Physical therapists and occupational therapists used StrokeLink to communicate complex therapy plans to volunteers.

Volunteers using StrokeLink guide patients through 2.5 hours of therapy a day.



Acute Care



Inpatient Rehab



Outpatient Rehab

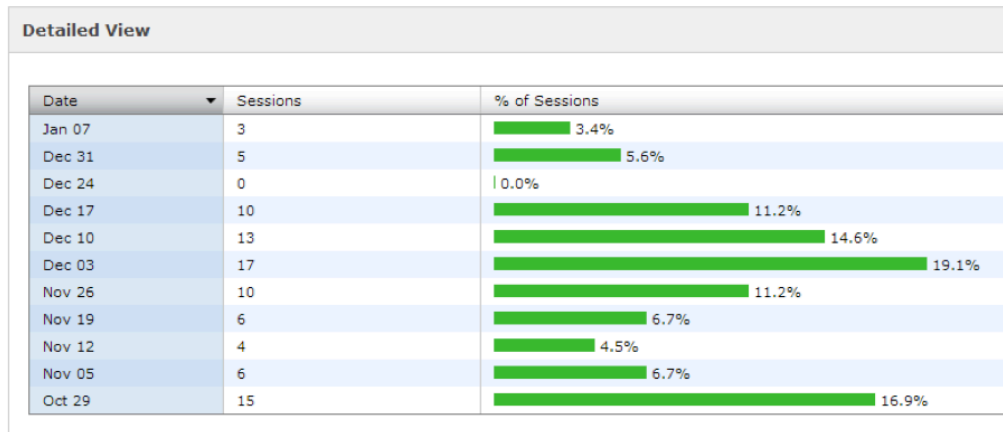


Home

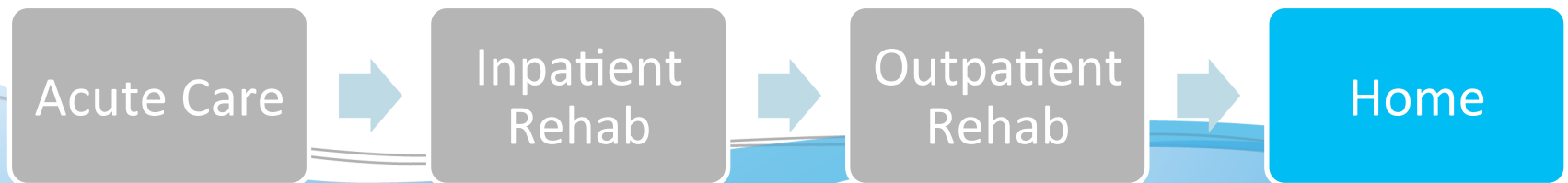


StrokeLink at Home

Creating personalized therapy programs in the patient's home setting



StrokeLink's first outreach user logged an average of 8 sessions in StrokeLink per week during an eleven week period. At peak usage, 17 sessions were logged on a week (more than 2 per day).





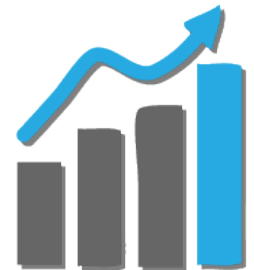
Demo!





Components of StrokeLink

- Ability to set goals for rehabilitation
- Validated information regarding stroke, life after stroke and stroke prevention presented in an easy to read and audio enabled fashion.
- Canadian Stroke Best Practice therapy programs and commonly prescribed exercises. Patients can then choose how their exercises are presented: either as videos, pictures, speech, or text.
- The StrokeLink Program Builder allowing a therapist to capture custom therapy plans using the iPad's camera.
- Actionable data to monitor progress and adherence to therapy plans.



Questions?

Visit www.strokelink.ca

