



Balance training post stroke: Intense harnessed gaming compared to reactive and conventional training

We are Ann Reinthal, PT, PhD, and Debbie Espy, PT, PhD, professors at Cleveland State University in the Doctor of Physical Therapy Program. We are studying ways to make balance training more effective for people who have had a stroke. We are especially interested in finding better ways to prevent falls and allow people to be more active. We think that we do not train hard enough due to fear of falling, so we use a harness system to make the training more intense but still safe.

In this study we are comparing three types of balance training:

1. *Ten standard physical therapy sessions (conventional training)*
1. *A harnessed standing slip training session followed by nine walking sessions (reactive training)*
2. *Playing active video games in a harness system for ten sessions as shown in the photo*



We are looking for people who would like to participate. You will be randomly placed into one of the three training groups. Participants will have their parking or bus fare paid and will receive an honorarium of \$250. To participate, you must:

- Have had a stroke at least 6 months before starting the study and be over 18 years old
- Have problems with your balance or limit your activities to prevent falling
- Walk at least ½ block (~ 150') independently, with or without a cane or similar device
- Be able to stand independently for at least 30 seconds
- Be able to take at least ten steps without physical assistance or a cane or similar device.
- Be willing to keep a record of any falls during and for 6 months after the study ends
- Weigh less than 250 pounds and be no taller than 6'2" due to equipment size limitations

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