

# What Is the Best Therapy for Arm & Hand after Stroke?

*A Research Study by MetroHealth Medical Center, Kessler Foundation, Johns Hopkins & Emory University*

## Would you like to help improve treatment for hand and arm movement after stroke?

We are conducting a scientific research study with individuals who have weak or paralyzed arm and hand muscles resulting from a stroke.

## What treatment is being studied?

Occupational Therapy is an effective treatment commonly prescribed for hand and arm weakness after a stroke. This study will compare the effects of three types of occupational therapies to improve arm and hand movement and function.

## Who can be in this research study?

People between the ages of 21-90 who have had a stroke more than 6 months ago and less than 2 years ago with weak arm/hand movement can participate in this study.

## How will the study help?

The study will help us to find out which method may work best to treat an arm after a stroke.

## How does the study work?

People who qualify and choose to participate will be trained to do specific exercises at home, while attending occupational therapy twice a week.

The therapy received will be **one** of the following:

- (1) Contralaterally controlled functional electric stimulation *or*
- (2) cyclic neuromuscular electrical stimulation *or*
- (3) Task Oriented Training

## Can I pick which treatment group I am in?

No, participants do not get to choose their treatment group. You will be randomly assigned to one of the three groups and have an equal chance of being assigned to either one (much like a coin toss).

## If I decide to participate, what will I do?

### Eligibility and Consent Visit:

- Learn about the study & sign a consent form
- Have a brief clinical exam to confirm your eligibility

### Baseline Visit:

- Complete a baseline assessment (questionnaires & functional tests)
- Be randomized to your treatment group:
  - Contralaterally Controlled Functional Electrical Stimulation
  - Cyclic Neuromuscular Electrical Stimulation
  - Task Oriented Training exercise

### For 12 Weeks:

- Participants will also be trained to do specific exercises related to hand movement at home for approximately 10 hours a week (2 hours per day, 5 days per week),
- Receive two 2-hour therapy sessions per week with an Occupational Therapist

### Visits 3 and 6 Months After Treatment:

- Return to clinic for assessments (questionnaires & functional tests)

## Will the study pay for my medical treatment?

All study-related treatment, including up to 22 Occupational Therapy visits, will be provided to you at no cost.

## Will I be compensated for participating in the study?

You will be compensated for your time.

Free transportation is available to qualified study participants for all study visits and can be arranged for you if you choose.

**FOR QUESTIONS OR MORE INFORMATION, CONTACT:**

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