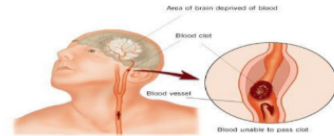


THE TRUTH ABOUT AEROBIC TRAINING: FITT-VPP FOR STROKE PATIENTS

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Background Info

There are 3 types of Strokes; Ischemic Stroke, Hemorrhagic Stroke, and Transient Ischemic Attack (mini-stroke). There are two main causes of stroke: a blocked artery (ischemic stroke) or leaking or bursting of a blood vessel (hemorrhagic stroke). Some people may have only a temporary disruption of blood flow to the brain, known as a transient ischemic attack (TIA), that doesn't cause lasting symptoms (Mayo Clinic, 2021). Although many people suffer from stroke, up to 80% of strokes are preventable through

Fast Signs for Stroke

Act **FAST** and call 999.



Facial weakness



Arm weakness



Speech problems



Time to call 999

FITT-VPP for Aerobic Training

- Frequency- 3 days a week
- Intensity- 60% VO2 max
- Time- 30 mins
- Type- Treadmill Walking, Stair Climbing, Cycle Ergometer
- Volume- 2-3 sets of 10 reps
- Pattern- multiple 10 min. bouts (3=30 min)
- Progression- Add 3 mins to the time and increase to 4 days a week



FITT for Resistance Training

- Frequency- 2 days a week
- Intensity- Light Intensity at 40% VO2 max
- Time- 20 mins
- Type- DB arm curls, DB squats, Leg Press Machine

FITT for Flexibility

- Frequency- 3 days a week
- Intensity- Light intensity
- Time- 20 mins
- Type- Arm Reach, Toe Touch, Calf Raise, Hand Squeezes w/ Stress Ball

Research Findings

Evidence confirms that cardiorespiratory training enhances cardiorespiratory fitness. The study provided direct confirmation that cardiorespiratory training improves measures of walking performance and reduces dependence on others for ambulation during usual care. There is insufficient data to assess the effects of resistance training. There is limited data relating to quality of life, mood, or cognitive function outcomes.

Resources

- Pang, M., Eng, J., Dawson, A., & Cylfadóttir, S. (2006, February). The use of aerobic exercise training in improving aerobic capacity in individuals with stroke: A meta-analysis. Retrieved February 27, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1678697/>
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- Saunders, D., Sanderson, M., Hayes, S., Kilrane, M., Creig, C., Brazzell, M., & Mead, C. (2016, March 24). Physical fitness training for stroke patients. Retrieved February 25, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4662717/>
- Vanderbeken, I., & Kerckhofs, E. (2017, January 01). A systematic review of the effect of physical exercise on cognition in stroke and traumatic brain injury patients. Retrieved February 27, 2021, from <https://content.iospress.com/articles/neurorehabilitation/nre1388>