

RESEARCH STUDY

Rehabilitation to Improve Arm and Hand Function Post-Stroke



What is involved with participation?

If you qualify, you will participate in 6 months of free, at-home therapy. You will have 4 in-person visits throughout the course of the study, plus online weekly visits with a clinician to track your progress and adjust your exercises as needed.

As a thank you for your time, you'll receive free tele-rehabilitation sessions, plus a stipend of \$25 for each in-person study visit, for a total of \$100 when the study is complete.

You will be loaned with the necessary technology to complete all study activities including:

- ✓ **FitMi**
A home-based rehabilitation tool
- ✓ **Laptop**
With necessary software

What is the purpose of this study?

Individualized rehabilitation is essential for recovery due to the varying effects of a stroke, leading to diverse treatment needs. This study aims to improve home training programs and collect data to create personalized therapy plans that maximize recovery.

Who is eligible to participate?

- ✓ Must be 18 years of age or older
- ✓ Must be within 3 months from the date of stroke
- ✓ Must have some ability to move arms and follow simple instructions
- ✓ Must be willing to use FitMi, a home based rehabilitation tool, for 6 months
- ✓ Must have access to internet and smart phone to connect all necessary devices

For more information or to find out if you, your patient, or family member qualifies, please contact Niko Fullmer, Research Project Supervisor, Casa Colina Research Institute, at 909/596-7733, ext. 2220 or nfullmer@casacolina.org.



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