

Research Study: Rehabilitation to Improve Arm and Hand Function Post-Stroke

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.

What is involved with participation?

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

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

- FitMi: a home-based rehabilitation tool
- Laptop: with necessary software pre-downloaded
- FitBit: wearable device to track arm movements

Who is eligible to participate?

- Must be 18 years of age or older
- Must within 6 months from 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 or 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.

