

TeleRehabilitation with Aims to Improve Lower Extremity Recovery Post-Stroke (TRAIL-RCT): A Randomized Controlled Trial

Location: British Columbia, Manitoba, Ontario and Nova Scotia

Number of Participants: 96

Description:

We have previously found that a telerehabilitation program (TRAIL) focused on improving leg function is safe and possible and has the potential to improve leg function among community-living stroke survivors. This study will examine the safety of conducting a larger-scaled trial of TRAIL (TRAIL-RCT), which could assess its effectiveness of improving the ability to move around, leg strength, balance, quality of life, and may also reduce visits to the hospital.

Language: English only.

Eligibility:

- ≥19 years of age (any sex or gender)
- ≤12 months post-stroke with lower extremity hemiparesis
- Walk ≥10 meters with or without a gait aid and without physical assistance of another person
- Tolerate 50 minutes of activity (including rest breaks)
- Has a caregiver, friend, or family member available to provide physical support during the assessment sessions
- Cognitive-communicative ability to participate, per clinical judgement (study delivered in English)
- Able to provide informed consent

Participant requirements:

In this study, individuals with leg weakness will be recruited and will have a 50/50 chance to participate in either the TRAIL intervention group (4-week telerehabilitation program with trained therapist) or control group (4-week education program with trained therapist). Participants will be assessed at the beginning of the program, immediately following the 4-week program, and 3- and 6-months follow-up. This telerehabilitation will occur from the comfort of participants' own homes and will involve 6 sites across Canada, which include Vancouver, Kelowna, Winnipeg, Toronto, London (Ontario), and Halifax. For safety reasons, we ask that participants be located in the same province as the therapist delivering the virtual program. We want to ensure contact with emergency services is as accessible as possible if required.

Institution: McMaster University, University of British Columbia, Interior Health (Kelowna), Parkwood Institute, University Health Network, University of Manitoba, Nova Scotia Health Authority

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