Retraining Gait & Balance after Stroke

**What is the study about:** The ability to bear weight on the lower limb is important for getting around in the community independently and is essential to everyone. Understanding how exercise interventions improve weight bearing and reduce falls is important to optimize rehabilitation. This study will 1) investigate the neuromechanical mechanisms of weight bearing during walking, and 2) determine how weight bearing and mobility change after 6 weeks of treadmill gait training.

**Who’s eligible:**

1. If you had a stroke more than 6 months ago with weakness on one side of your body, can stand for 5 minutes, and are able to walk 10 meters you are invited to participate in this study.
2. Healthy adults are also welcome to serve as the control group.

**What to Expect:**

- We will ask you to visit Bellmont Hall at UT.
- **Healthy adults will have 1 testing session that lasts approximately 2 hours.** Participants with stroke will have 21 sessions including 3 testing sessions and 18 gait training sessions (10 weeks in total).
- During the testing sessions, we will assess walking performance, hip and knee strength, and balance confidence. The activity of your muscles will be recorded by sensors placed on your legs. Your whole body movements will be recorded by markers place on your body.

**Cost to you?**

There is no cost for any of the testing or training. Free parking is provided right in front of the building.

**Eligible participants will receive incentives following testing ($20) and training ($200).**

If you’re interested in participating or want to know more details, please contact:

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