



# Exercise and Fitness Training After Stroke: a handbook for evidence-based practice

*Gillian E Mead, Frederike van Wijck, Peter Langhorne*

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This brand new book is the first of its kind dedicated to exercise and fitness training after stroke. It aims to provide health and exercise professionals, and other suitably qualified individuals, with the necessary information to design and evaluate exercise and fitness programmes for stroke survivors that are safe and effective. The content is based on current evidence and aligned with national clinical guidelines and service frameworks, highlighting the importance of physical activity in self-management after stroke. The book has also been written for stroke survivors and carers who may be interested in physical activity after stroke.

Exercise and Fitness Training After Stroke comprehensively discusses the manifestations of stroke and how stroke is managed, the evidence for exercise and fitness training after stroke, how to design, deliver, adapt and evaluate exercise, as well as how to set up exercise services and specialist fitness training programmes for stroke survivors.

- Includes detailed background in stroke pathology, stroke management and how post-stroke problems may affect the ability to participate in exercise
- Dedicated to evidence-based exercise prescription with special considerations, cautions and therapy-based strategies for safe practice
- Covers issues of a professional nature, including national occupational standards, exercise referral pathways, as well as risk assessment and management related to stroke survivors
- Quality content from a highly qualified, experienced and respected multidisciplinary team

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