



# STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

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## Stroke SIG Elections are Open!



Hello Stroke SIG Members and Volunteers - and welcome back to all those who participated in CSM last week!

The Election Cycle for 2024-2025 is officially underway, and we would like to invite you to consider applying for a leadership position! This is a wonderful opportunity to expand your network, collaborate with clinicians and educators who share similar interests, and grow your involvement with the APTA and the Neurologic Academy. We have three leadership positions available: **Chair-Elect**, **Vice Chair**, and **Nominating Committee Member**. [The nomination form is located here](#) (you must be logged in to access this page), and it is due **March 17th, 2025** - **self-nominations are absolutely accepted!** This year's elections will occur from March 31-April 14, with the subsequent 3 year term beginning July 1st if elected.

The Stroke SIG nominating committee would be happy to answer any questions you may have about the positions, time commitment, etc, and you can find our contact information below:

- Jessica Denniston ([dennistonj@arcadia.edu](mailto:dennistonj@arcadia.edu))
- Ann O'Neil ([asc1029@gmail.com](mailto:asc1029@gmail.com))
- Dennis Fell ([dfell@southalabama.edu](mailto:dfell@southalabama.edu))

When elected, Stroke SIG Board Members also assist with one of our SIG initiatives, including the publication of Newsletters, Podcasts, Student Corner resources, and social media postings. Over the past two years, the Stroke SIG:

- Published over 30 newsletters containing article reviews, SIG business updates, and other resources to over **1872 Stroke SIG members!**
- Hosted expert clinicians and researchers on 7 podcast episodes (search [ANPT Stroke Special Interest Group on Spotify!](#))
- Offered new Student Corner resources including sample exam questions, and recorded video discussions of experts guiding students through management of complex patients with stroke (check out the [Stroke Special Interest Group Youtube](#))
- Regularly shared new and important stroke-related content on our Instagram ([strokespecialinterest](#)), Facebook ([ANPTStrokeSIG](#)), and X/Twitter ([APTASrokeSIG](#)) social media accounts
- Conferred multiple awards for exceptional Stroke-related research, conference posters, and service to the SIG
- Collaborated with over 20 SIG Volunteers to review articles, review conference abstracts, publish content, and brainstorm new initiatives for the SIG!

It really is incredible how much this community of Stroke experts achieves together. Thank you for your ongoing engagement as members, your time spent as volunteers, and the clinical expertise you have provided your patients. We are thrilled to be a part of this team, and we hope you will consider applying.

Wishing you all the best,  
Jess, Ann, and Dennis



## **NEW Stroke SIG Podcast Episode Released!**

Check out our latest podcast episode, found on the ANPT podcast website and podcast streaming platforms (search ANPT Stroke Special Interest Group)!

### **Stroke SIG: Spasticity After Stroke: A Student-Focused Episode – Episode 27**

In this episode, Dr. Dana Kahl, PT, DPT, EdD and Dr. Benton Lindaman, PT, DPT answer a question a student submitted to the Stroke SIG regarding spasticity after stroke. They discuss assessment and management of flaccidity and spasticity within this episode. This discussion may be helpful for both students and PTs/PTAs alike!

If you are a student and have a question regarding stroke rehabilitation, we are

**Check out the ANPT Podcast site by clicking [here!](#)**

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## Meeting Minutes from January's All Membership Meeting

**Meeting Thursday January 9, 2025 7:30-8:30 pm EST**

- Welcome: Michelle
  - Old Business: Michelle
  - 20 total attendees (including Ann, Michelle, Mackenzie, & Ben)
  - CSM 2025 in Houston, TX February 13-15 – Advance Rates Extended until Jan 12!
  - Come see us at Myelin Melter for more prizes!!! (Brain Socks, More coupons for education sessions, Stroke SIG t-shirts, other giveaways!) Friday Feb 14 6:30-9:00 pm
  - Trello updates – (this is why our Newsletter open rates have gone down!)
  - Initiative Updates
  - Awards: Arco/Michelle. Awards will be given at CSM; 2 awards total. One podium, one poster
  - Social media: Ann/Jemma. Open to suggestions/content – specifically CSM. CSM posters - finalist. “Celebrity sighting”
  - Student Resources: Ben. Topics that students find engaging? Muscle tone/spasticity – recording January 21st (2-part video)
  - Podcasts: Mackenzie. 2 recent podcasts (WashU & UDel groups)
  - Newsletters/Article Reviews Michelle/Mackenzie. In need of new Volunteer Coordinator. Last newsletter didn’t have article review due to Trello difficulties. Considering other options (i.e. Slack). May consider paying for one month to get the data off of Trello and then find new platform.
  - Website: Michelle/Mackenzie. Updates = website is currently being migrated to new platforms. New webpage coming soon
  - Nom Com: 3 positions (chair elect, vice chair, one Nom Com)
  - Volunteer Needs Board
  - New Onboarding Volunteer/Volunteer Coordinator
  - New Article Reviewer
  - CSM Poster Abstract Raters!! (February 13th from 1-3pm for the Stroke posters)
  - New Awards Volunteer (after CSM) – Speak with Arco and Michelle!
  - Michelle discussed general descriptions for each position
    - TRIVIA NIGHT!!!
  - 1st Prize: Blazepods (Sharanya Chavva)
  - 2nd or 3rd Prize: Coupon for ANPT Education session (2nd: Taylor Marcoly)
  - 2nd or 3rd Prize: Lifespan Neurorehab book OR NCS prep book (3rd: Olivia Visaggio)
  - Adjourn: **Next Stroke SIG All Membership Meeting – March 13th at 7:30pm EST**
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## Stroke SIG ANPT Conference Poster Award Winner - Check out the Virtual Poster Presentation!



Congratulations again to Dr. Annie Tapp, PT, DPT for being awarded the Stroke SIG ANPT Poster Award. She presented her team's work, titled **"To the Evidence and Beyond! Implementation of High-Intensity Training for Stroke in Inpatient Rehab - Results of an eDeplhi Study"**. Congratulations to Annie and her team!

Check out a recording of Annie's poster presentation [HERE!](#)

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## Stroke SIG Volunteer Positions - We Need Your Help!

Are you interested in becoming more involved in the Stroke SIG? We have a variety of volunteer positions needing filled! Please reach out to [strokesig@gmail.com](mailto:strokesig@gmail.com) if you would like more information and/or are interested in volunteering!

- Awards Chair
- Podcast Editor
- Podcast team - question generation, identifying individuals to interview, etc.
- Volunteer Coordinator
- Article Reviewer (for newsletter)

## Research Study Recruitment

Please see below for a message from one of our Stroke SIG members regarding a research study she is recruiting for.

### **Know Someone Recovering from a Stroke? Refer Your Patients for Stroke Recovery Research!**

We're conducting a fully remote research study to better understand community mobility and physical activity in adults who are at least 6 months post-stroke. Participants will wear lightweight sensors including the Apple watch, carry a GPS device, and complete short questionnaires over a period of 2.5 weeks—all from the comfort of their home.

We're reaching out to physical therapists like you to help us connect with potential participants who may be interested in contributing to this important research. All procedures are conducted online, and participants will receive \$75 in compensation for their time.

Your referrals can help us make meaningful strides in advancing **stroke recovery research**! Thank you for considering!

For more information or to refer a patient, please contact:

**Email:** [swapna.balakrishnan@uvm.edu](mailto:swapna.balakrishnan@uvm.edu)

Help us advance stroke recovery research by referring your patients!

For more information or to refer a patient, please contact:

Email: [swapna.balakrishnan@uvm.edu](mailto:swapna.balakrishnan@uvm.edu)

Video: [Wearable Study Informational Video](#)

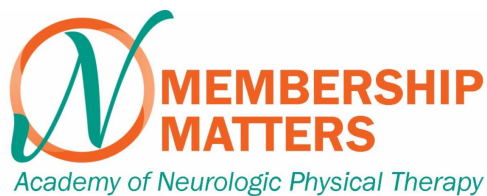
Please feel free to reach out with any questions. Thank you for considering this request!

Best regards,

Swapna Balakrishnan PT, DPT, NCS



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**ANPT Social Media**



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