

## Stroke and Physical Activity References

### Position Statements

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### Clinical Guidelines

Inness EL, Brown G, Tee A, Kelly L, Moller J, Aravind G, Danells C, Salbach NM. Canadian Stroke Community-based Exercise Recommendations 3<sup>rd</sup> Edition, 2020. Available at: <https://static1.squarespace.com/static/5ab122ecb98a78aa0833a6e4/t/64107d1c921f252d144058a4/1678802205708/Canadian+Community-based+Stroke+Exercise+Recommendations+2020.pdf>

Kleindorfer DO, Towfighi A, Chaturvedi S, et al. 2021 Guideline for the Prevention of Stroke in Patients with Stroke and Transient Ischemic Attack: A Guideline from the American Heart Association/American Stroke Association. *Stroke*. 2021;52(7):e364. Available at: <https://doi.org/10.1161/STR.0000000000000375>

MacKay-Lyons M, Billinger SA, Eng JJ, et al. Aerobic Exercise Recommendations to Optimize Best Practices in Care After Stroke: AEROBICS 2019 Update. *Phys Ther*. 2019;100(1):149-156. Available at: <https://doi:10.1093/ptj/pzz153>

### Other Helpful Resources

Fini N, Simpson D, English C, et al. How should we measure physical activity after stroke? An international consensus. *International Journal of Stroke*. 2023;0(0). Available at: <https://doi.org/10.1177/17474930231184108>

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Ogourtsova, T, Kagan A, Petzold A, et al. Aerobic Exercise. *Stroke Engine*. Accessed August 27, 2023. Available at: <https://strokengine.ca/en/interventions/aerobic-exercise-subacute/#ClinicianInformation>

Prior PL, Suskin N. Exercise for Stroke Prevention. *Stroke and Vascular Neurology*. 2018;3(2). Available at: <http://dx.doi.org/10.1136/svn-2018-000155>

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Saunders DH, Greig CA and Mead GE. Physical activity and exercise after stroke: review of multiple meaningful benefits. Stroke. 2014;45(12):3742–3747.