

July 3, 2023



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

- New Podcast - "A Systematic Review on the Effects of Acute Aerobic Exercise on Neurophysiological, Molecular, and Behavioral Measures in Chronic Stroke"
- NCS Application Deadline



STROKE SIG PODCAST

Check out our newest podcast episode - "A Systematic Review on the Effects of Acute Aerobic Exercise on Neurophysiological, Molecular, and Behavioral Measures in Chronic Stroke"

In this episode, host Marissa Moran PT, DPT is joined by authors Dr. Anjali Sivaramakrishnan and Dr. Sandeep Subramanian to discuss their recent article published in *Neurorehabilitation and Neural Repair* titled "A Systematic Review on the Effects of Acute Aerobic Exercise on Neurophysiological, Molecular, and Behavioral Measures in Chronic Stroke." The authors share their research, which is a systematic review aimed at examining the effects of a single bout of aerobic exercise on neuroplasticity measures. They discuss aerobic priming and considerations for the clinic to promote improved motor learning for individuals with chronic stroke.

Listen on:

[Spotify](#)

[Apple Podcasts](#)

NCS 2024 Application Deadline!!

Early Bird Deadline: July 31, 2023

Final Submission Deadline: September 30, 2023

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Application deadline and fees can be found on the ABPTS [website](#).

Virtual town hall event for Educators Synopsis



- General consensus on importance of teaching the foundational aspects of NDT, PNF, facilitation, but avoid overemphasis.
- Student focus should be on evidence-based neuroplasticity concepts, safe patient handling, and critical thinking for neurologic patient interventions.
- Focus on “Using your hands wisely” with de-implementation of specific facilitation strategies during labs.
- Include critical thinking on intervention progressions and regressions.
- Emphasize on movement analysis and treatment of deficits, rather than diagnosis-specific interventions.



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