

April 19, 2021



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

- **Stroke Corner: Sexual Dysfunction after Stroke**
- Volunteer Appreciation Week- get your 25% off Discount!
- AFO/FES Clinical Practice Guideline Podcast
- Save the Date for the First ANPT Conference

Stroke Corner: Interventions for Sexual Dysfunction after Stroke and Patient Perspective

Reviewed by Rachel Prusynski, DPT, NCS, PhD(c)



As holistic patient-centered providers, it's up to us to stay informed on physical activity of all sorts to help our patients with stroke maximize their quality of life. This week we'll share a recent review of Interventions for Sexual Dysfunction after stroke and a media article highlighting one young stroke survivor's experience with dating and incontinence after stroke, and her call for normalizing conversations and sex with stroke survivors.

Article: Interventions for Sexual Dysfunction after Stroke by Ng et al.

[REVIEW ARTICLE LINK](#)

This review focused on questions of sexual function or sexual satisfaction for stroke survivors and their partners. Only 3 low-quality RCTs were found with varying interventions, none of which were able to provide definitive clinical guidance on the effectiveness of specific interventions.

The articles did highlight the variety of impairments experienced by stroke survivors:

premature ejaculation, lower urinary tract symptoms such as incontinence in both men and women, changes in lubrication and orgasm, depression, and of course mobility challenges.

The articles included explored a pharmacological treatment for premature ejaculation, compared face to face counseling for sexual function to written education alone, and compared pelvic floor rehab to standard of care for erectile dysfunction in men with urinary incontinence after stroke. While the studies were small, they provide detailed information about the training programs used, so we have linked to the full articles below:

1. [Pelvic Floor Retraining in Men with Erectile Dysfunction](#)
2. [Structured Sexual Rehab Education](#)

This media article follows the journey of a young survivor of Locked In Syndrome who returned to the dating world after stroke and found herself faced with sexual dysfunction and a lack of support and information. She highlights issues faced by other stroke survivors and solutions she found:

Mother, 39, Reveals Challenges of Dating and Sex After Stroke

Volunteer Appreciation Week



During Volunteer Appreciation Week, **April 18-24**, the Academy of Neurologic Physical Therapy would like to thank all the members who volunteer to better the health of those impacted with neurologic conditions. Without the 350+ ANPT members who serve on the Board of Directors, SIGs, Committees, Task Forces, CPG Work Groups and JNPT the practice, education and research materials could not be produced or shared with PTs and PTAs around the world.

In appreciation, ANPT would like to give members a 25% discount on all ANPT Synapse Education Courses. Log in to the ANPT [website](#), click on the far right "members" --> "members resources" tab, and then the link on the right for "member appreciation" to find the discount code and links to many more great resources,

including the **NEW NeuroPT Youtube Channel**, podcasts, and Synapse online education courses!

The ANPT Board of Directors recognizes all the hours our members put forth to support ANPT and would like to say **Thank You!**

Check out the AFO/FES CPG Podcast



In this episode, the Journal of Neurologic Physical Therapy (JNPT) partners with the ANPT Stroke Special Interest Group for an interview with Dr. Therese Johnston and Dr. Lisa Brown conducted by host Jackie Loeshelle. Drs. Johnston and Brown are authors of a recently released clinical practice guideline examining the use of ankle foot orthoses and functional electrical stimulation for individuals post-stroke. Their article is included in the April 2021 issue of JNPT.

Find more about the CPG here: https://www.neuropt.org/practice-resources/anpt-clinical-practice-guidelines/AFO_FES-post-stroke

PODCAST LINK

Visit our website

**SAVE THE
DATE!**



**ACADEMY OF NEUROLOGIC PHYSICAL THERAPY
VIRTUAL CONFERENCE 2021**
SEPT-NOV ON-DEMAND | OCTOBER 1-3 LIVE CONTENT

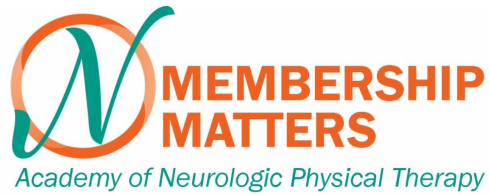
The Academy of Neurologic Physical Therapy (ANPT) is excited to host its 1st "Virtual" Annual Conference in 2021! On-demand content will be available September 8 with the virtual "live" conference October 1-3. The poster gallery will launch October 4. All content will be available through November 22.

For more information on Keynote Speakers, registration rates and more, click on the button below.

Registration opens in June.

CONFERENCE WEBSITE

VISIT THE STROKE SIG ONLINE!



Academy of Neurologic Physical Therapy
info@neuropt.org | www.neuropt.org

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