

# June 2020 Intensity Matters



June 2020

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## Clinical Practice Guideline

If you have not had a chance to review this Clinical Practice Guideline. It is recommended.

We are interested in sharing with you some of the recommendations as it pertains to "improving locomotor function following chronic stroke".

[Hornby TG, Reisman DS, Ward IG, et al. Clinical Practice Guideline to Improve Locomotor Function Following Chronic Stroke, Incomplete Spinal Cord Injury, and Brain Injury. pre. 2020;44\(1\):49-100.](#)

Here is a summary of the first action statement.

Summary of Action Statements:

**Action Statement 1: MODERATE- TO HIGH INTENSITY WALKING TRAINING FOLLOWING ACUTE-ONSET CENTRAL NERVOUS SYSTEM (CNS) INJURY.** Based on the preponderance of evidence for individuals poststroke, limited evidence in individuals with iSCI, and no evidence for individuals with TBI, clinicians should use moderate- to high-intensity walking training interventions to improve walking speed and distance in individuals greater than 6 months following acute-onset CNS injury as compared with alternative interventions (evidence quality: I-II; recommendation strength: strong for individuals with stroke).

**Note, the evidence is STRONG for individuals with Stroke, that moderate to high intensity walking training should be used to improve walking speed and distance.**

(That is typically our goal for all our individuals with stroke (improve walking speed

and distance). Now we have evidence guiding us how to do it...Awesome.)

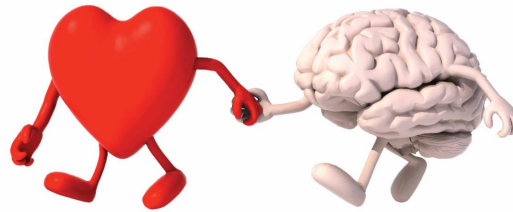
Hence the campaign Intensity Matters

Here are some more specifics

Walking training appears to be effective at moderate- high-aerobic intensities (ie, 60% - 80% of hear rate reserve or up to 85% maximum heart rate. Cardiovascular conditioning can also address the effects of deconditioning associated with stroke.

## Intensity Matters

# INTENSITY MATTERS



— ACADEMY OF —  
**NEUROLOGIC**  
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This month we will be working with the Knowledge Translation team to provide you with direct resources for getting this CPG into your practice. Find additional resources here.

<http://www.neuropt.org/practice-resources/anpt-clinical-practice-guidelines/locomotor-training-cpg>

## Podcast

To start your understanding of the CPG, listen to this excellent podcast by the author George Hornby on the ANPT Synapse Education Center.

**[Stroke SIG: Locomotor CPG Discussion - Episode 9](#)**

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