

October 11, 2021



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

- **Stroke Corner:** World Health Organization Physical Activity Guidelines
- Stroke Poster Awards at the ANPT National Conference
- Happy PT Month!

Stroke Corner Article Review Global Physical Activity & Sedentary Behavior Guidelines for People with Disabilities

Thanks to Shaelyn Bouchard, PT, DPT, NCS for reviewing this week's article



The First Global Physical Activity and Sedentary Behavior Guidelines for People Living With Disability

Article link: <https://journals.humankinetics.com/view/journals/jpah/18/1/article-p86.xml>

Definition(s):

- Disability: an interaction between personal, biological, societal, and environmental factors that can prevent “full and effective participation in society on an equal basis with others”
- Sedentary behavior: sitting, lying, or reclining with low energy expenditure
 - Colloquially, “sedentary time” is equated with “sitting time” – authors stressed importance of emphasizing energy expenditure, as “sit less” messages are not considered to be inclusive especially for people with limited mobility but can still do physical activities while sitting or lying down

Purpose of article: The WHO released the first global public health guidelines on

physical activity and sedentary behavior for people living with disability. This paper presents these guidelines and elaborates upon how the guidelines can support inclusive policy, practice, and research.

Methods of interest?

- Evidence focused on 8 specific conditions: MS, SCI, intellectual disability, PD, CVA, schizophrenia, major clinical depression, and ADHD.
- 4 health outcomes considered: comorbidities, physical function, cognitive function, and QOL
- Focused on papers regarding public health vs rehabilitation
- Overall lack of evidence on sedentary behavior and health outcomes among people living with disability, therefore evidence from the general populations was considered

Results of interest:

- Evidence supported the development of recommendations for people living with disability, stressing that there are no major risks to engaging in physical activity appropriate to an individual's current activity level, health status, and physical function
 - The health benefits generally outweigh the risks
 - Also emphasize the benefits of limiting sedentary behavior
- People living with disability are at least twice as likely to be physically inactive

WHO Guidelines on Physical Activity and Sedentary Behavior for Adults Living with Disability

- **150—300 min of moderate intensity aerobic physical activity OR at least 75—150 min of vigorous intensity OR an equivalent combination of moderate and vigorous intensity**
- **Muscle strengthening activities at moderate or greater intensity 2 or more days a week**
- **Varied multicomponent physical activity that emphasizes balance and strength training on 3 or more days a week**
- **May go above these recommendations for additional health benefits**
- **Limit the amount of time spent being sedentary, replace this time with physical activity**
- **May need to consult a health care professional or other physical activity and disability specialist (OPPORTUNITY FOR PTs) to help determine the type and amount of activity appropriate for them**

Discussion, take home message.

- All physical activity counts, including light-intensity physical activity
- There are no major risks to people living with disability engaging in physical activity when it is appropriate to an individual's current activity level, health status, and physical function
- The new guidelines will support advancing an inclusive agenda and the increasing acceptance that inclusion not only benefits people living with disability, but also their families, communities, and all members of society
- Ten target areas for advancing inclusive policy, practice, and research in physical activity and sedentary behavior: awareness, communication, environment, training, partnership, research, human rights, programs, investment, governance
- At the policy & regulatory levels, there is consensus on the need to prioritize and mainstream disability inclusion. However, much work is needed to achieve equity in physical activity opportunities, access, and participation for people

ANPT Conference Poster Award Winners



The Stroke SIG Awards committee selected the best stroke-related research presented at the ANPT Annual Conference for our Poster Award. This year there was a tie -- please help us congratulate the following researchers. Thanks to everyone for sharing their work!

Dorian Rose

Poster Title: Backward Steps to Mitigate Fall-Risk Post-Stroke

Kanika Bansal

Poster Title: Do Subjective and Objective Measures of Perceived Walking Challenge predict Community Ambulation Post-stroke?

The Stroke SIG Celebrates PT Month



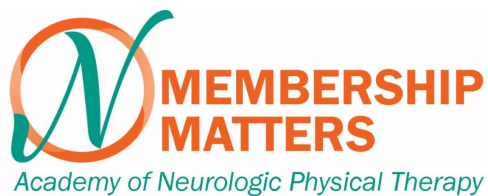
We will be sharing tips and tricks for
Patients, Students, Clinicians

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Stroke and PT



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info@neuropt.org | www.neuropt.org

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