

# OT Search

# OT Search

- Search for articles in the field of occupational therapy
- Not full-text resource; will need to use Gold Rush to find article



# TTUHSC Libraries' Home Page

The screenshot shows the TTUHSC Libraries Home Page. The header features the Texas Tech University Health Sciences Center logo and name. A left sidebar lists various resources and health sciences center information. The main content area is titled 'Libraries' and includes a 'FACTS AT A GLANCE' section with a building image and descriptive text. Below this is a search bar with tabs for PubMed, eJournals, Library Catalog, Databases, and eBooks. A 'Popular resources by school' section follows, with icons for Allied Health, Biomedical, Medicine, Nursing, and Pharmacy. On the right, a 'Databases' list is visible, and a 'Mouse-over Databases and click OT Search' callout points to the 'OT Search' link in the 'Evidence Based Databases' list. A URL callout at the top right provides the website address.

TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

http://www.ttuhscc.edu/libraries

RESOURCES...

- About the Libraries
- Site Map
- Contact the Libraries
- Ask A Librarian
- Audio Guides
- Guides & Tutorials
- Distance Students
- EBM OSCE Instruction

HEALTH SCIENCES CENTER...

- HSC Home
- Welcome to the HSC
- Office of the President
- Campuses
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- HSC Info For
- Centers & Institutes
- Research
- Administration
- Human Resources
- Libraries
- Accreditation
- The Daily Dose
- Emergency Preparedness
- Compliance Hotline

Libraries

FACTS AT A GLANCE

The TTUHSC De El Paso serves the Medicine and the of Nursing. The professionals the U.S. - Mexico

The library is located Academic Education Clinical Science Medical Education Basic Science m

Checkout privilege TTUHSC faculty use of the collection public.

Evidence Based Databases >>

- PubMed
- CINAHL Plus with Full Text
- EMBASE
- Entrez
- ISI Web of Knowledge
- MD Consult
- MICROMEDEX
- OT Search**
- Ovid
- Scopus
- TexShare
- All Databases >>

Library Catalog

Textbooks

Maximum Simultaneous Use

Databases

- eBooks, Theses, & Dissertations
- eJournals
- Online Multimedia
- Public (non-TTUHSC) Access
- Other Resources

LIBRARY SERVICES...

- Bibliographic Tools
- Downloads and Tools
- Interlibrary Loan (ILL)
- Reference Services
- Librarians @ Your Service

NEWS & ANNOUNCEMENTS...

- Ask A Librarian
- Off-campus Login (via eReader)
- Mobile Resources
- Medline Plus
- TeamViewer 6 - Windows
- TeamViewer 6 - Mac
- NIH Clinical Alerts
- Library Cards

PubMed eJournals Library Catalog Databases eBooks

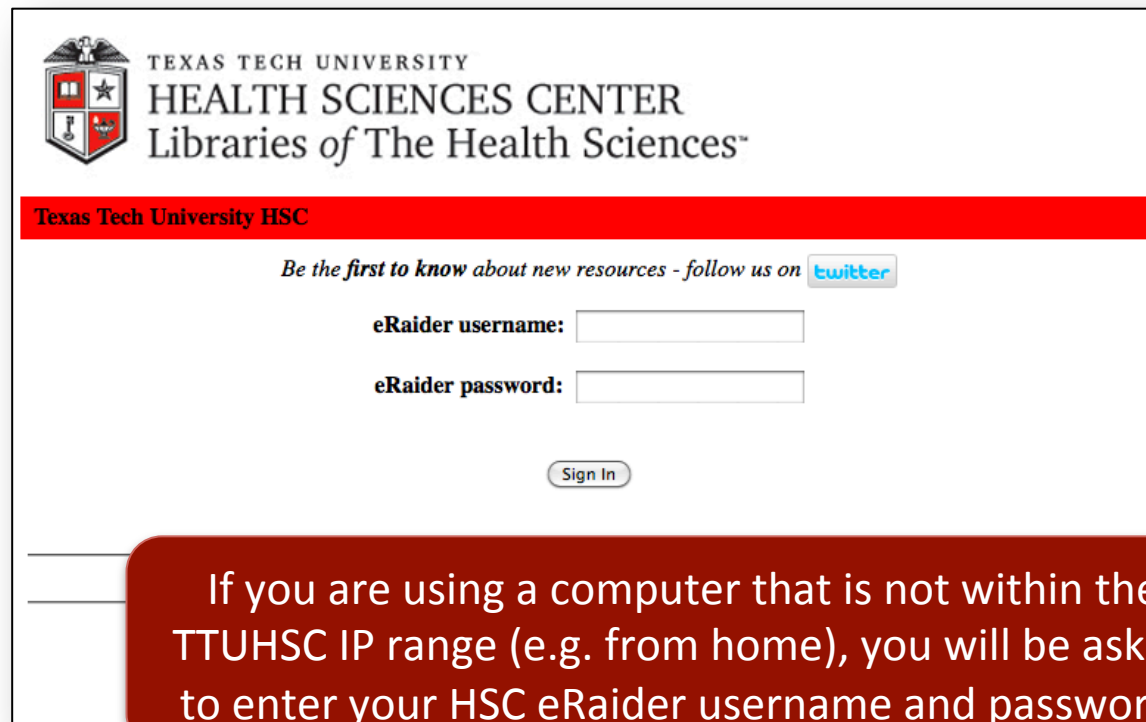
Search:  Go

Keywords MeSH

Popular resources by school

- Allied Health
- Biomedical
- Medicine
- Nursing
- Pharmacy

# Access from Off-Campus



The screenshot shows the login interface for the Texas Tech University Health Sciences Center Libraries. At the top left is the university's crest. To its right, the text reads "TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER Libraries of The Health Sciences™". Below this is a red horizontal bar with the text "Texas Tech University HSC". Underneath the bar is a line of text: "Be the first to know about new resources - follow us on" followed by a blue "twitter" link. The main login area contains two labels: "eRaider username:" and "eRaider password:", each followed by a white text input field. Below these fields is a rounded "Sign In" button. A large red callout box with white text is overlaid on the bottom right of the page, providing instructions for off-campus access.

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Libraries of The Health Sciences™

Texas Tech University HSC

Be the first to know about new resources - follow us on [twitter](#)

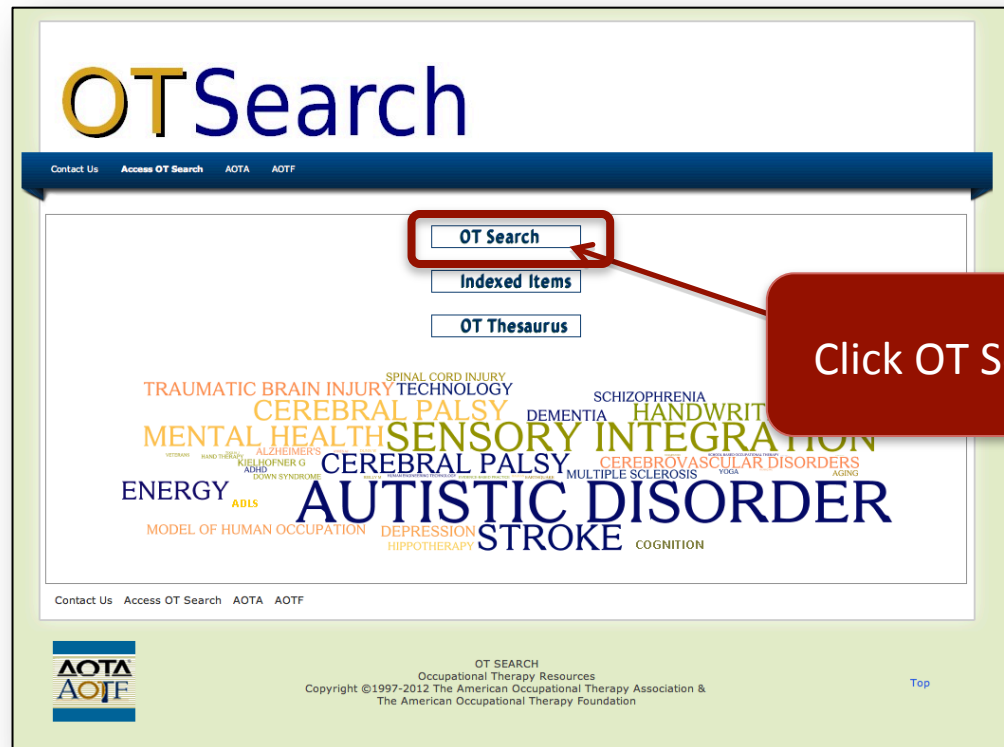
eRaider username:

eRaider password:

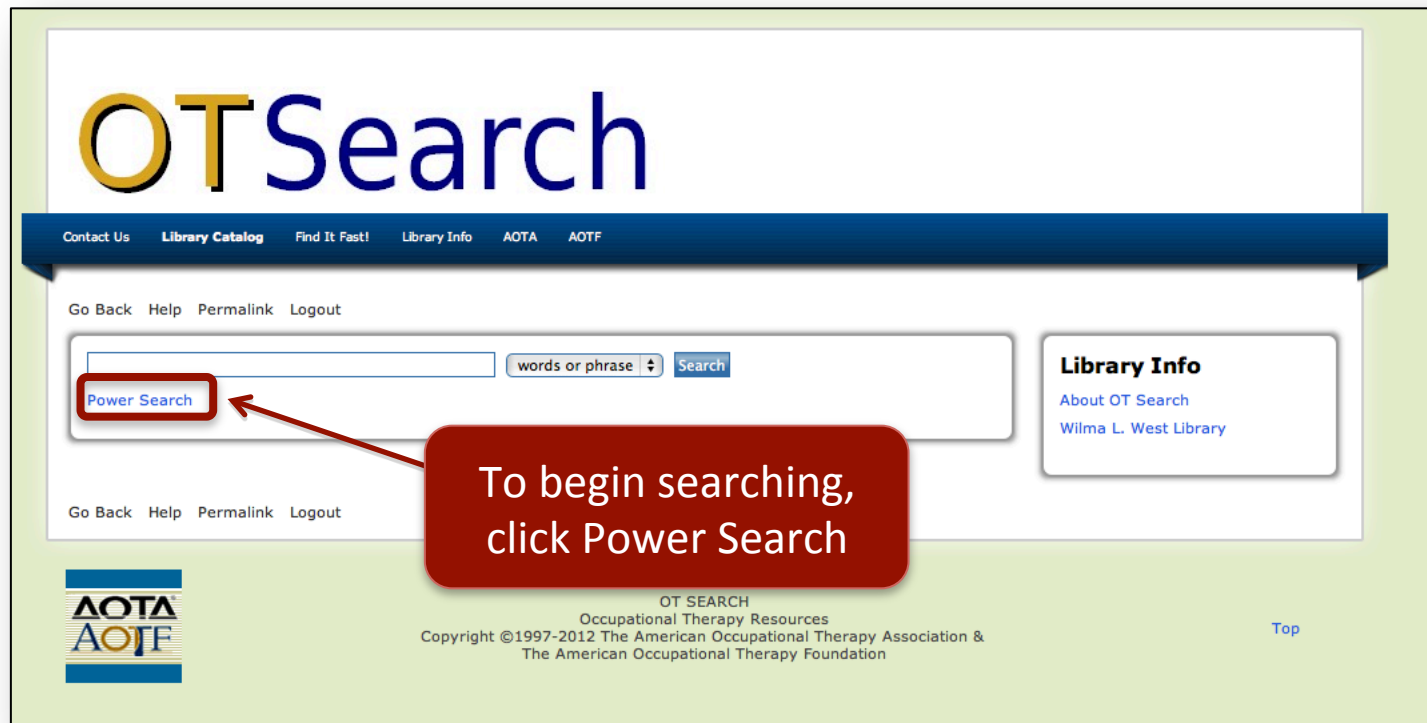
[Sign In](#)

If you are using a computer that is not within the TTUHSC IP range (e.g. from home), you will be asked to enter your HSC eRaider username and password.

# OT Search



# OT Search



# OT Search

## OTSearch

[Contact Us](#) [Library Catalog](#) [Find It Fast!](#) [Library Info](#) [AOTA](#) [AOTF](#)

[Go Back](#) [Help](#) [Permalink](#) [Logout](#)

|                  |                 |     |
|------------------|-----------------|-----|
| words or phrase  | stroke          | And |
| words or phrase  | balance         | And |
| title            |                 | And |
| subject          |                 | And |
| series           |                 | And |
| periodical title |                 |     |
| <b>Search</b>    | <b>Reset</b>    |     |
| language:        | ANY             |     |
| format:          | ANY             |     |
| type:            | Journal Article |     |
| location:        | ANY             |     |
| item             | ANY             |     |
| category1:       | ANY             |     |
| item             | ANY             |     |
| category2:       |                 |     |
| match on:        | Keywords        |     |
| pubyear:         |                 |     |
| sort by:         | None            |     |

### Catalog Searches

[BROWSE](#)  
[CALL\\_NUMBER](#)

### Library Info

Enter search terms and apply limits (e.g. journal article).  
Click Search.

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# OT Search

## OTSearch

Contact Us Library Catalog Find It Fast! Library Info AOTA AOTF


Go Back Help Limit Search New Search Next X-Ref Kept Permalink Logout

### Search Results


words or phrase "stroke" AND words or phrase "balance" search found 26 titles.


Pages << 1 2 >>

1.  **...**

2. ☐ Keep  **Fear of falling among people who have sustained a stroke: a 6-month longitudinal pilot study**  
Schmid, AA 2011 Mar-Apr Veterans Affairs (VA) Medical Center, Health Services Research and Development (HSR&D) Center on Implementing Evidence-Based Practice, 1481 West 10th Street, 11H, Indianapolis, IN. XX(78236.1) V.65 NO.2 2011  
1 copy available in Standard shelving location  
[URL](#)

3. ☐ Keep  **Fitness and mobility exercise program for stroke**  
Goss, J 2010 Sep-Oct Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada. Diabetes Self Management XX(77881.1) V.26 NO.4 2010  
1 copy available in Standard shelving location  
[URL](#)

4. ☐ Keep  **Relatives' experiences of family members' eating difficulties**  
Johansson, AEM 2009 Department of Community Medicine and Rehabilitation, Occupational Therapy, Umeå University, Umeå, Sweden. XX(76115.1) V.16 NO 1 2009  
1 copy available in Standard shelving location  
[URL](#)

5. ☐ Keep  **Low-dose, EMG-triggered electrical stimulation for balance and gait in chronic stroke**  
Barth, E 2008 Sep-Oct The Rehabilitation Sciences program, University of Cincinnati Academic Medical Center, Cincinnati, Ohio. XX(75521.1) 15 NO.5 2008  
1 copy available in Standard shelving location

#### Continue search in

[Google](#)

#### Try these too...

[CEREBROVASCULAR ACCIDENT](#)  
[CEREBROVASCULAR DISORDERS](#)  
[EQUILIBRIUM](#)

#### Library Info

[About OT Search](#)  
[Wilma L. West Library](#)

For more information,  
click on article title



# OT Search

# OTSearch

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[Go Back](#) [Help](#) [New Search](#) [Previous](#) [Next](#) [X-Ref](#) [Change Display](#) [Kept](#) [Permalink](#) [Logout](#)

record 3 of 26 for search **words or phrase "stroke" AND words or phrase "balance"** [Change Display](#)

## Item Details

☐ Keep




**Item Information** [Catalog Record](#)

**Title** Fitness and mobility exercise program for stroke  
**Author** Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada.Diabetes Self Management  
**Publisher:** Lippincott, Williams & Wilkins,  
**Pub date:** 2010 Oct Dec.  
**Pages:** 310-323  
**Item info:** 1 copy available in Standard shelving location.  
1 copy total in all locations.  
[URL](#)

| Call number           | Copies | Holdings | Material        | Location                   |
|-----------------------|--------|----------|-----------------|----------------------------|
| XX(77881.1) V.26 NO.4 | 1      |          | Journal Article | Standard shelving location |

[Find more on these topics](#)  
[Nearby items on shelf](#)

[Go Back](#) [Help](#) [New Search](#) [Previous](#) [Next](#) [X-Ref](#) [Change Display](#) [Kept](#) [Permalink](#) [Logout](#)



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## Journal Information

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### Library Info

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HEALTH SCIENCES CENTER.  
Libraries of the Health Sciences

# OT Search

**OTSearch**

Contact Us Library Catalog Find It Fast! Library Info AOTA AOTF

Go Back Help New Search Previous Next X-Ref Change Display Kept Permalink Logout

record 3 of 26 for search words or phrase "stroke" AND words or phrase "balance" [Change Display](#)

**Continue search in**  
[Google](#)

**Item Details**  
☐ Keep

**Item Information** [Catalog Record](#)

**Title** Fitness and mobility exercise program for stroke  
**Author** Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehabilitation Lab, GF Strong Rehab Centre, Vancouver, Canada. Diabetes Self Management  
**Publisher:** Lippincott, Williams & Wilkins,  
**Pub date:** 2010 Oct Dec.  
**Pages:** 310-323  
**Item info:** 1 copy available in Standard shelving location  
1 copy total in all locations.  
[URL](#)

**Call number** XX(77881.1) V.26 NO.4

| Copies | Holdings | Material        | Location          |
|--------|----------|-----------------|-------------------|
| 1      |          | Journal Article | Standard shelving |

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[Find more on these topics](#)  
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**AOTA AOTF**

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# OT Search

The screenshot displays the OTSearch website. At the top, the 'OTSearch' logo is prominent. Below it, a navigation bar includes links like 'Contact Us', 'Library Catalog', and 'Find It Fast!'. A search bar shows a query for 'stroke' AND 'balance', resulting in 3 records. The 'Item Details' section for the first record is expanded, showing a thumbnail of a journal cover titled 'Geriatric Rehabilitation'. To the right of the thumbnail, detailed information is provided, including the title 'Fitness and mobility exercise program for stroke', author 'Eng, JJ', and a comprehensive list of subject terms such as 'EXERCISE THERAPY', 'MOBILITY', 'STROKE', and 'REHABILITATION'. On the far right, there are two boxes: 'Try these too...' with links to related topics and 'Library Info' with links to 'About OT Search' and 'Wilma L. West Library'.

**OTSearch**

Contact Us Library Catalog Find It Fast! Library Info AOTA AOTF

Go Back Help New Search Previous Next X-Ref Change Display Kept Permalink

record 3 of 26 for search words or phrase "stroke" AND words or phrase "balance"

**Item Details**

☐ Keep

**Item Information** **Catalog Record**

**Geriatric Rehabilitation**

**Fitness and mobility exercise program for stroke**  
Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada.Diabetes Self Management

**key:** 000077881  
**ISSN:** 0882-7524  
**Personal Author:** Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada.Diabetes Self Management

**Key title:** Topics in Geriatric Rehabilitation  
**Title:** Fitness and mobility exercise program for stroke.  
**Publication info:** Hagerstown, MD: Lippincott, Williams & Wilkins, 2010 Oct Dec.  
**Physical description:** 310-323  
**General Note:** Key words: Adaptive diabetes self-management; Talking blood glucose monitor; Vision assessment; Vision loss; Vision rehabilitation.  
**General Note:** Janice J Eng, PhD, PT/OT.  
**General Note:** Special Issue: Community-based exercise programs for older adults.  
**Bibliography note:** Bibliography  
**Summary:** Given the potential of exercise to positively influence so many physical and psychosocial domains, the Fitness and Mobility Exercise (FAME) Program was developed to address the multiple impairments arising from the chronic health condition of stroke. We present the details of this exercise program and the evidence that has shown that the FAME Program can improve motor function (muscle strength, balance, walking), cardiovascular fitness, bone density, executive functions, and memory. The FAME Program can help to improve the physical and cognitive abilities of people living with a stroke and reduce the risk of secondary complications such as falls, fractures, and heart disease.

**Indexes:** MSB/MSB000  
**Local note:** 26  
**Indexing Status:** Complete  
**Issue:** 2  
**Reviewed/Cited in:** 2010 Apr-Jun  
**Subject term:** EXERCISE THERAPY  
**Subject term:** MOBILITY  
**Subject term:** MOTOR PERFORMANCE  
**Subject term:** PHYSICAL FITNESS (OF INDIVIDUAL)  
**Subject term:** STROKE  
**Subject term:** ACCIDENT PREVENTION  
**Subject term:** EQUILIBRIUM  
**Subject term:** HEALTH PROMOTION  
**Subject term:** REHABILITATION  
**Subject term:** SOCIALIZATION

**Try these too...**

[CEREBROVASCULAR ACCIDENT](#)  
[CEREBROVASCULAR DISORDERS](#)  
[EQUILIBRIUM](#)

**Library Info**

[About OT Search](#)  
[Wilma L. West Library](#)

OT Search is not a full-text database.  
Please consult Gold Rush to see if the  
library owns this journal.

# Gold Rush

The screenshot shows the Texas Tech University Health Sciences Center Libraries website. The header features the TTU logo and the text "TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER™". The main content area is titled "Libraries" and includes a section "FACTS AT A GLANCE" with a photograph of a building and descriptive text. The text states: "The mission of the TTUHSC Libraries is to meet the curriculum, care information needs of students, faculty, and the community extension, the biomedical research needs of West Texas community." It also mentions: "The library system has collections in excess of 319,000 bound volumes, and electronic subscriptions of over 50,000 eBooks and 25,000 eJournals." and "With the exception of only 2 hospital libraries in all of West Texas, the TTUHSC library system is virtually the sole source for quality biomedical information throughout the region." The left sidebar contains "RESOURCES..." and "HEALTH SCIENCES CENTER..." sections. The right sidebar contains "RESEARCH TOOLS..." and "LIBRARY SERVICES..." sections. A red callout box points to the "eJournals" link in the "RESEARCH TOOLS..." section, and another red callout box points to the "Gold Rush [all TTUHSC eJournals]" link in the "FACTS AT A GLANCE" section.

**RESOURCES...**

- About the Libraries
- Site Map
- Contact the Libraries
- Ask A Librarian
- Audio Guides
- Guides & Tutorials
- Distance Students
- EBM OSCE Instruction

**HEALTH SCIENCES CENTER...**

- HSC Home
- Welcome to the HSC
- Office of the President
- Campuses
- Schools
- HSC Info For

**Libraries**

**FACTS AT A GLANCE**

The mission of the TTUHSC Libraries is to meet the curriculum, care information needs of students, faculty, and the community extension, the biomedical research needs of West Texas community.

The library system has collections in excess of 319,000 bound volumes, and electronic subscriptions of over 50,000 eBooks and 25,000 eJournals.

With the exception of only 2 hospital libraries in all of West Texas, the TTUHSC library system is virtually the sole source for quality biomedical information throughout the region.

**RESEARCH TOOLS...**

- Library Catalog
- Textbooks
- Maximum Simultaneous Use
- Databases
- eBooks, Theses, & Dissertations
- eJournals**
- Online Multimedia
- Public (non-TTUHSC) Access
- Other Resources

**LIBRARY SERVICES...**

- Bibliographic Tools
- Downloads and Tools
- Interlibrary Loan (ILL)
- Reference Services
- Librarians @ Your Service

**Gold Rush [all TTUHSC eJournals]**

Newspapers

more >>

**Mouse-over eJournals and click Gold Rush**

# Gold Rush




The screenshot shows the Gold Rush search interface. At the top is the Texas Tech University Health Sciences Center logo and name. Below this is a navigation bar with links: [Gold Rush](#), [Search by Journal Title](#), [Browse Journals by Title \(A-Z\)](#), [GoldRush Self-Help](#), [Ask a Librarian](#), [GoldRush Tutorial \(PPT\)](#), and [Exit](#). A search box contains the text "topics in geriatric reha" and is highlighted with a red box. To the right of the search box is a "Search" button. Further right are two yellow buttons: "Back to Results" and "More Search Options".

Enter journal title  
in search box and  
click Search



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HEALTH SCIENCES CENTER.  
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# Gold Rush



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[Gold Rush](#)[Search by Journal Title](#)[Browse Journals by Title \(A-Z\)](#)[GoldRush Self-Help](#)[Ask a Librarian](#)[GoldRush Tutorial \(PPT\)](#)[Exit](#)

[Back to Results](#)[More Search Options](#)

|              |               |                 |   |                |      |
|--------------|---------------|-----------------|---|----------------|------|
| Search Type: | Journal Title | Search Results: | 1 | Search Limits: | None |
|--------------|---------------|-----------------|---|----------------|------|

**Note:** The numbers on the tabs represent the number of **Journals** matching the search criteria for each library.

[Texas Tech University Health Sciences Center](#)



[Print Record](#)[Email Record](#)[View MARC](#)

**Journal Title: Topics in geriatric rehabilitation**  
Print ISSN: 0882-7524  
Electronic ISSN:  
Alternate Titles:  
Subjects: Aged -- Rehabilitation  
Geriatrics  
Internal Medicine  
[more su](#)

**Full Text Resources In Your Library**

| Link  | Database  | Dates Available |
|---|---|-----------------|
|  | <a href="#">Search for print copies in a TTUHSC library</a><br>(TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER) |                 |

**Full Text Resources Online**


| Link  | Database  | Dates Available          |
|---|---|--------------------------|
|  | <a href="#">CINAHL Plus with Full Text</a><br>(EBSCO INDUSTRIES)                | 1999-03-01 to 2005-12-31 |
|  | <a href="#">LWW Nursing and Health Professions Premier Collection</a><br>(OVID) | 1998-03-01 to current    |

Full Text available



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# Gold Rush

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**Gold Rush**   [Search by Journal Title](#)   [Browse Journals by Title \(A-Z\)](#)   [GoldRush Self-Help](#)   [Ask a Librarian](#)   [GoldRush Tutorial \(PPT\)](#)   [Exit](#)

topics in geriatric reh:      [Back to Results](#)   [More Search Options](#)


Search Type:    Search Results:    Search Limits:

Note: The numbers on the tabs represent the number of **Journals** matching the search criteria for each library.


[Texas Tech University Health Sciences Center](#)   [Print Record](#)   [Email Record](#)   [View MARC](#)

**Journal Title:** Topics in geriatric rehabilitation  
**Print ISSN:** 0882-7524  
**Electronic ISSN:**  
**Alternate Titles:**  
**Subjects:** Aged -- Rehabilitation  
Geriatrics  
Internal Medicine  
[more subjects...](#)

**Full Text Resources In Your Library**

| Link  | Database  | Dates Available |
|---|---|-----------------|
|  | <a href="#">Search for print copies in a TTUHSC library</a><br>(TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER) |                 |

**Full Text Resources Online**

| Link  | Database  | Dates Available          |
|---|---|--------------------------|
|  | <a href="#">CINAHL Plus with Full Text</a><br>(EBSCO INDUSTRIES)                | 1999-03-01 to 2005-12-31 |
|  | <a href="#">LWW Nursing and Health Professions Premier Collection</a><br>(OVID) | 1998-03-01 to current    |

Click LWW Nursing and Health Professions Collection



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# Gold Rush

Wolters Kluwer Health | OvidSP

My Account | Support & Training | Help | Logoff  
[Ask A TTUHS Librarian](#)

Search Journals Books My Workspace

Enter Keywords [ ] All Issues [ ] Search [ ] Advanced Search [ ]

Journals A-Z > Topics in Geriatric Rehabilitation - Vol 28 July/September 2012

**Journal Information**

Lippincott Williams & Wilkins, Inc.

Topics in Geriatric Rehabilitation (1985-2012)  
ISSN: 0882-7524  
[About This Journal](#)

**Journal Issue List**

- + 2012 (3)
- + 2011 (4)
- + 2010 (4)
  - Volume 26 (4)**  
October/December 2010 - pg. 273-375
  - Volume 26 (3)  
July/September 2010 - pg. 177-272
  - Volume 26 (2)  
April/June 2010 - pg. 81-175
  - Volume 26 (1)  
January/March 2010 - pg. 1-79
- + 2009 (4)
- + 2008 (4)
- + 2007 (4)
- + 2006 (4)
- + 2005 (4)
- + 2004 (4)
- + 2003 (4)
- + 2002 (4)
- + 2001 (4)
- + 2000 (4)
- + 1999 (4)
- + 1998 (4)
- + 1997 (4)
- + 1996 (4)
- + 1995 (4)
- + 1994 (4)
- + 1993 (4)
- + 1992 (4)
- + 1991 (4)
- + 1990 (5)
- + 1989 (4)
- + 1988 (4)
- + 1987 (4)
- + 1986 (4)
- + 1985 (1)

**Topics in Geriatric Rehabilitation**  
ISSN: 0882-7524  
(C) 2012 Lippincott Williams & Wilkins, Inc.  
Issue: Volume 28(3) pgs. 135-237 July/September 2012  
[Close Cover](#)

[RSS](#)  
[Email](#)  
[Email Jumpstart](#)

Select Range [ ] Print [ ] Email [ ] Export [ ] Add to My Projects [ ] Keep Selected [ ]

Clear Selected | Select Page | Show Abstracts [ ] 50 Per Page [ ]

☐ Preface.  
pg. 135-136  
DOI: 10.1097/TGR.0b013e318260f993  
[View Abstract](#)

☐ Assessment Tools for Geriatric Patients with Dementia, and Depression.  
pg. 137-147  
DOI: 10.1097/TGR.0b013e318257d0de  
Francis, Nora J. DHS, PT, OTR  
Miscellaneous  
[View Abstract](#)

☐ Prevention and Management of Delirium in Geriatric Rehabilitation.  
pg. 148-156  
DOI: 10.1097/TGR.0b013e31825b5fcd  
Huber, Gill M. PT, PhD  
Miscellaneous Article  
[View Abstract](#)

☐ Mild Cognitive Impairment and Aging.  
pg. 157-162  
DOI: 10.1097/TGR.0b013e31825d377e

[Ovid Full Text](#)  
[Abstract Reference](#)  
[Complete Reference](#)  
[Request Permissions](#)  
[Check Availability](#)

Click October/December 2010;  
Vol. 26, Issue 4



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Libraries of the Health Sciences



# Gold Rush

Journals A-Z > Topics in Geriatric Rehabilitation - Vol 26 October/December 2010

**Journal Information**

Lippincott Williams & Wilkins, Inc.

Topics in Geriatric Rehabilitation (1985-2012)  
ISSN: 0882-7524  
[About This Journal](#)

**Journal Issue List**

- + 2012 (3)
- + 2011 (4)
- 2010 (4)
- Volume 26 (4)**  
October/December 2010 - pg. 273-375
- Volume 26 (3)**  
July/September 2010 - pg. 177-272
- Volume 26 (2)**  
April/June 2010 - pg. 81-175
- Volume 26 (1)**  
January/March 2010 - pg. 1-79
- + 2009 (4)
- + 2008 (4)
- + 2007 (4)
- + 2006 (4)
- + 2005 (4)
- + 2004 (4)
- + 2003 (4)
- + 2002 (4)
- + 2001 (4)
- + 2000 (4)
- + 1999 (4)
- + 1998 (4)
- + 1997 (4)
- + 1996 (4)
- + 1995 (4)
- + 1994 (4)
- + 1993 (4)
- + 1992 (4)
- + 1991 (4)
- + 1990 (5)
- + 1989 (4)
- + 1988 (4)
- + 1987 (4)
- + 1986 (4)
- + 1985 (1)

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**Topics in Geriatric Rehabilitation**  
ISSN: 0882-7524  
(C) 2010 Lippincott Williams & Wilkins, Inc.  
Issue: Volume 26(4) pgs. 273-375 October/December 2010  
[Close Cover](#)

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Email  
Email Jumpstart

Select Range [Print](#) [Email](#) [Export](#) [Add to My Projects](#) [Keep Selected](#)

Clear Selected | Select Page | Show Abstracts 50 Per Page

☐ **Preface.**  
pg. 273-274  
DOI: 10.1097/TGR.0b013e3181fee6ca  
Article  
[PDF Full Text](#) [+ My Projects](#)  
[Ovid Full Text](#)  
[Complete Reference](#)  
[Request Permissions](#)  
[Check Availability](#)

☐ **Community-Based Exercise Programs for Older Adults.**  
pg. 275-298  
DOI: 10.1097/TGR.0b013e318204b029  
Avers, Dale PT, DPT, PhD  
Article  
[View Abstract](#)  
[PDF Full Text](#) [+ My Projects](#)  
[Ovid Full Text](#)  
[Abstract Reference](#)  
[Complete Reference](#)  
[Request Permissions](#)  
[Check Availability](#)

☐ **From Research to Practice: EnhanceFitness, an Innovative Community-Based Senior Exercise Program.**  
pg. 299-309  
DOI: 10.1097/TGR.0b013e3181fee69e  
Belza, Basia PhD, RN, FAAN; Snyder, Susan MS; Thompson, Meghan; LoGerfo, James FACP  
Article  
[View Abstract](#)  
[PDF Full Text](#) [+ My Projects](#)  
[Ovid Full Text](#)  
[Abstract Reference](#)  
[Complete Reference](#)  
[Request Permissions](#)  
[Check Availability](#)

☐ **Fitness and Mobility Exercise Program for Stroke.**  
pg. 310-323  
DOI: 10.1097/TGR.0b013e3181fee736  
Eng, Janice J. PhD, PT/OT  
Article  
[View Abstract](#)  
[PDF Full Text](#) [+ My Projects](#)  
[Ovid Full Text](#)  
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*Topics in Geriatric Rehabilitation*  
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### Fitness and Mobility Exercise Program for Stroke

Janice J. Eng, PhD, PT/OT

Given the potential of exercise to positively influence so many physical and psychosocial domains, the Fitness and Mobility Exercise (FAME) Program was developed to address the multiple impairments arising from the chronic health condition of stroke. We present the details of this exercise program and the evidence that has shown that the FAME Program can improve motor function (muscle strength, balance, walking), cardiovascular fitness, bone density, executive functions, and memory. The FAME Program can help to improve the physical and cognitive abilities of people living with a stroke and reduce the risk of secondary complications such as falls, fractures, and heart disease. Key words: cardiovascular fitness, cognition, exercise, physical activity, stroke, rehabilitation, walking.

STROKE is a leading cause of neurological disability in older adults.<sup>1</sup> At the age of 55 years, there is a lifetime risk at a rate of stroke of 1 in 5 for women and 1 in 6 for men.<sup>2</sup> It is expected that there will be an increase in the number of people living with stroke because of the aging population, an increase in diabetes and obesity (all risk factors for stroke), as well as better acute management leading to a reduction in deaths.<sup>1</sup>

The risk factors for stroke include age, obesity, hypertension, elevated blood cholesterol, carotid stenosis, atrial fibrillation,

cigarette smoking, diabetes mellitus, and heart disease.<sup>3</sup> Thus, it is likely that individuals prior to having a stroke are not particularly active under given existing health conditions. The stroke event then causes a number of additional functional limitations that include muscle weakness, pain, spasticity, cognitive dysfunction, and poor balance. The burden of these impairments combined with a further reduction in activity can then lead to a vicious cycle of decline in function and disability status.<sup>4</sup>

This article will review selected impairments and functions affected by a stroke and the potential effects of a specific exercise program, that is Fitness and Mobility Exercise (FAME) Program on health domains.

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*The Fitness and Mobility Exercise Program was developed in Vancouver, Canada, with invaluable assistance from Andrew Dawson, Kelly Chin, Maria Kim, Daniel Margolis, Stéphanie Marie-Fong, and Jocelyn Harris. We also acknowledge the support from the Heart and Stroke Foundation of British Columbia and Yukon (operating grant), Canadian Institutes of Health Research (operating grant and career award to J. Eng), and Michael Smith Foundation for Health Research (scholar award to J. Eng).*

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#### FITNESS AND MOBILITY EXERCISE PROGRAM FOR STROKE

transsynaptic degeneration of spinal motor neurons,<sup>5</sup> reduced number of motor units especially large units,<sup>6</sup> and altered mechanical properties of the muscle that contribute to increased joint stiffness.<sup>7</sup> However, strength training in persons with spasticity has been controversial in the past. Bobath<sup>8</sup> advocated that decreased muscle strength was due not to weakness but to the opposition of spastic antagonists and that strenuous activity would increase spasticity and maintain abnormal

quantity, much of time in stroke rehabilitation is spent practicing walking.<sup>9</sup> The majority of stroke survivors recover independent walking by 6 months poststroke,<sup>10</sup> albeit, with altered gait patterns and slower gait speeds.

#### EXERCISE AND SECONDARY PREVENTION OF COMPLICATIONS

In addition to motor function, there is a

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Title: Fitness and mobility exercise program for stroke.

Publication info: Hagerstown, MD: Lippincott, Williams & Wilkins, 2010 Oct Dec.

Physical description: 310-323

General Note: Key words: Adaptive diabetes self-management; Talking blood glucose monitor; Vision assessment; Vision loss; Vision rehabilitation.

General Note: Janice J Eng, PhD, PT/OT.

General Note: Special Issue: Community-based exercise programs for older adults.

Bibliography note: Bibliography

Summary: Given the potential of exercise to positively influence so many physical and psychosocial domains, the Fitness and Mobility Exercise (FAME) Program was developed to address the multiple impairments arising from the chronic health condition of stroke. We present the details of this exercise program and the evidence that has shown that the FAME Program can improve motor function (muscle strength, balance, walking), cardiovascular fitness, bone density, executive functions, and memory. The FAME Program can help to improve the physical and cognitive abilities of people living with a stroke and reduce the risk of secondary complications such as falls, fractures, and heart disease.

Indexes: MSB/MSB000

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Subject term: EXERCISE THERAPY

Subject term: MOBILITY

Subject term: MOTOR PERFORMANCE

Subject term: PHYSICAL FITNESS (OF INDIVIDUAL)

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Pages << 1 2 >>

1. ☐ Keep **Game-based, portable, upper extremity rehabilitation in chronic stroke**  
Schmidt, SO 2011 Nov-Dec Department of Physical Therapy, University of Cincinnati, Ohio.  
XX(79127.1) V.15 NO. 6  
2011  
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2. ☒ Remove **Fear of falling among people who have sustained a stroke: a 6-month longitudinal pilot study**  
Schmid, AA 2011 Mar-Apr Veterans Affairs (VA) Medical Center, Health Services Research and Development (HSR&D) Center on Implementing Evidence-Based Practice, 1481 West 10th Street, 11H, Indianapolis, IN.  
XX(78236.1) V.65 NO.2  
2011  
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3. ☒ Remove **Fitness and mobility exercise program for stroke**  
Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada. Diabetes Self Management  
XX(77881.1) V.26 NO.4  
2010  
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4. ☐ Keep **Relatives' experiences of family members' eating difficulties**  
Johansson, AEM 2009 Department of Community Medicine and Rehabilitation, Occupational Therapy, Umeå University, Umeå, Sweden.  
XX(76115.1) V.16 NO.1  
2009  
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5. ☐ Keep **Low-dose, EMG-triggered electrical stimulation for balance and gait in chronic stroke**  
Barth, E 2008 Sep-Oct The Rehabilitation Sciences program, University of Cincinnati Academic Medical Center, Cincinnati, Ohio.  
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Pages << 1 2 >>

1. ☐ Keep **Game-based, portable, upper extremity rehabilitation in chronic stroke**  
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XX(79127.1) V.18 NO. 6  
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- ☐ Fitness and mobility exercise program for stroke Eng, JJ 010 Oct-Dec Department of Physical Therapy, University of British Columbia and Rehab Research Lab, GF Strong Rehab Centre, Vancouver, Canada. Diabetes Self Management
- ☐ Fear of falling among people who have sustained a stroke: a 6-month longitudinal pilot study Schmid, AA 2011 Mar-Apr Veterans Affairs (VA) Medical Center, Health Services Research and Development (HSR&D) Center on Implementing Evidence-Based Practice, 1481 West 10th Street, 11H, Indianapolis, IN

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- sort by: Title
- view of records: Brief
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A red arrow points from a red callout box to the "Print Formatted" button.

At the bottom of the page, there is a footer with the AOTA and AOTF logos on the left, and the following text on the right:

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