

Register on-line at  
<http://www.strokenetworkseo.ca/profedcalendar>

OR

Complete and FAX this form  
**BY Friday, February 17, 2012 to:**

Charlette Eves  
Administrative Assistant  
Fax: 613-548-2454  
Email: [evesc1@kgh.kari.net](mailto:evesc1@kgh.kari.net)

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Registration:** There is **NO** registration fee as this course is funded by the Stroke Network of Southeastern Ontario. However, registration is essential in order to participate.

**Cancellation Policy:** If you register and then are unable to attend, please contact the office **BY Friday, February 17, 2012**. Although there is no registration fee for the course, an accurate estimate of numbers attending is necessary for catering reasons.

**REGISTRATION includes:**

- Lunch
- Course 10:00am – 2:15pm
- Materials

#### DIRECTIONS:

From Hwy 401, take Sir John A MacDonald Blvd exit. Proceed south until Union St., turn left at light, Providence Care, St Mary's of the Lake site is down the road just on your right.

#### PLANNING COMMITTEE

**Dr. Dina Brooks, PhD**

Department of Physical Therapy,  
University of Toronto

**Mary Jo Demers, BScPT**

Practice Leader, Physiotherapy  
Providence Care, St. Mary's of the Lake Hospital

**Heather Jenkins, BScPT**

Acute Stroke Team  
Kingston General Hospital

**Caryn Langstaff, M.Sc., SLP(C)**

Regional Stroke Rehabilitation Coordinator  
Stroke Network of Southeastern Ontario

**Cally Martin, BScPT, MSc (Rehab)**

Regional Director  
Stroke Network of Southeastern Ontario

**Susan Marzolini, MSc, PhD Candidate**

Institute of Medical Science,  
University of Toronto

**Shannon Mulholland, BScPT**

Neuro Physiotherapist  
Private Practice

**Dr. Trisha Parsons, BScPT, PhD**

School of Rehabilitation Therapy  
Queen's University

**Sue Saulnier, BNSc, MEd, GNC(C)**

Regional Stroke Education Coordinator  
Stroke Network of Southeastern Ontario

**Natasha Uens, Grad Dip Phys.**

Inpatient Rehab Unit  
Quinte Health Care

*This course is made available with funding from the Stroke Network of Southeastern Ontario, a partner in the Ontario Stroke System*

STROKE NETWORK  
of Southeastern Ontario

Providence  
Care

KGH KINGSTON  
GENERAL  
HOSPITAL Ontario  
Stroke  
System

**EXERCISE TRAINING  
FOLLOWING STROKE:  
SUB ACUTE TO  
CHRONIC RECOVERY  
PHASE**

**Saturday, February 25, 2012  
10:00 am – 2:15 pm**

**Providence Care, St. Mary's  
of the Lake Hospital  
Gymnasium  
340 Union Street  
Kingston, ON K7L 5A2  
Ph: 613-548-7222**

## TARGET AUDIENCE

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This workshop is intended for physiotherapists and kinesiologists who design exercise programs for stroke survivors. This workshop will be valuable for those members of the allied health team who support the implementation of cardiovascular exercise programs for stroke survivors. **Registration is limited to 30 and numbers may be limited per organization. Preference will be given to those who work with stroke survivors.**

## PROGRAM OBJECTIVES

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This program will equip physiotherapists and kinesiologists with the pragmatic knowledge, skills and tools necessary to design, deliver and monitor exercise programs for stroke survivors during the sub-acute (1 to 3 mos) to chronic (>3mos) period following a stroke to improve cardiovascular fitness. Although this program targets the sub-acute and chronic phases of stroke recovery, the principles learned can be applied across the continuum of recovery as appropriate. Members of the allied health team will also be able to apply the content learned during this program to support the implementation of cardiovascular exercise programs for stroke survivors. The learning objectives are:

- To understand how to design, implement and monitor exercise programs during the sub-acute and chronic phases of stroke recovery.
- To demonstrate use of physical assessments used to design individual exercise plans.
- Understand what needs to be considered when selecting and designing the specific exercise plan (eg. considerations for diabetes, atrial fibrillation and pacemakers).
- Design an individualized exercise program aimed at improving cardiovascular fitness for sub-acute and chronic stroke survivors.

## WORKSHOP AGENDA

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- 1000-1010 Welcome**  
*Mary Jo Demers, Cally Martin*
- 1010-1020 Dose Response Relationship Between Exercise and Health Related Outcomes**  
*Susan Marzolini*
- 1020-1030 Utility of Graded Exercise Stress Testing**  
*Susan Marzolini*
- 1030-1100 Sub Acute Stroke: Exercise Considerations**  
*Dr. Dina Brooks*
- 1100-1200 Assessment Concurrent Sessions:**
- **Submaximal Testing**  
*Dr. Dina Brooks*
  - **Strength Testing**  
*Susan Marzolini*
  - **Symptom-limited Graded Exercise Testing**  
*Dr. Trisha Parsons*
- 1200-1230 LUNCH**
- 1230-1310 Chronic Stroke: Exercise Considerations**  
*Susan Marzolini*
- 1310-1410 Case Study (group work with whole room recap)**  
*All*
- 1410-1415 Closing Remarks**

**Participants are asked to bring a calculator & to dress comfortably for the practical sessions.**

## PRESENTERS

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**Dr. Dina Brooks, PhD, Department of Physical Therapy, University of Toronto.** Dina trained as a physical therapist and a physiologist with a specific interest in cardiorespiratory physiology. Her research includes a strong focus on exercise training in individuals with respiratory and/or cardiovascular disease. She is also the lead instructor for cardiorespiratory rehabilitation for physiotherapy students at the University of Toronto.

**Susan Marzolini, MSc, PhD Candidate, Institute of Medical Science, University of Toronto.** Susan has worked clinically for 19 years at the Toronto Rehabilitation Institute in the Cardiac Rehabilitation and Secondary Prevention Program where she has a dual role as the Case Manager for the Risk Factor Modification and Exercise Program for Stroke Survivors (TRI-REPS) and is the Research Coordinator for the Cardiac Program. Her PhD research is examining the acute and chronic effects of exercise following stroke as a sub stream of a cardiac rehabilitation and secondary prevention program

**Dr. Trisha Parsons, BScPT, PhD, School of Rehabilitation Therapy, Queen's University**  
Dr. Parsons has taught clinical exercise physiology in the entry-level MScPT program and has experience working at the Cardiac Rehabilitation Centre at the Hotel Dieu Hospital in Kingston. Her current research interests focus on the use of exercise training to ameliorate the cardio-vascular consequences of renal failure.

**Note:** Two different stroke exercise workshops are being held in Kingston, Winter 2012. Please review each workshop and choose the workshop which best meets your needs. The February 25, 2012 workshop "Exercise Training Following Stroke: Sub Acute to Chronic Recovery" is intended to meet the needs of physiotherapists, kinesiologists and the implementation team who design and deliver cardiovascular programs for stroke survivors. The March 2<sup>nd</sup> workshop "Designing Adaptive Exercise Programs to Support Stroke Survivors in Community & Long Term Care" is intended for exercise providers (eg. health promoters/trainers, restorative care, recreational therapy, PTA and PT) who design and implement adaptive exercise programs for stroke survivors. For more information on these workshops visit: [www.strokenetworkseo.ca](http://www.strokenetworkseo.ca)