



Individually-Tailored  
Selection of Motor Exercise

# Individually-Tailored Robot-Assisted Exercise for the Upper Limb After Stroke



## What it is about?

Following stroke, many people have difficulty moving and controlling their arm and hand. This has a substantial impact on their ability to perform everyday activities.

We have developed a novel method of **robot-assisted exercise** for the upper limb. The assisted force provided by the robot is tailored to the upper-limb impairment of each individual.

**The robot-assisted exercise task is like a computer game, the task being to move a robotic arm towards a target on a screen.**

We have started a new robot-assisted training study which will be running until the end of 2016. The study involves up to 5 appointments and includes a clinical assessment, two or three robot-assisted training appointments and a short MRI scan appointment. Some of the participants in the study will be asked if they want to take part in an additional muscle recording appointment, which is painless and not invasive.

The study is carried out at the University of Birmingham. Participants are provided with free transportation to and from the university.

## Would you like to join the study?

We are looking for volunteers who, following a stroke, experience difficulty in using one of their arms.

Please note that the study is running until the end of 2016.  
Hence it would be good to contact us soon.

For more details and to join our study please contact:

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