



TeleRehabilitation with Aims to Improve Lower Extremity Recovery Post- Stroke

HELPER MANUAL FOR ASSESSMENT VISITS



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Table 2: List of Items and Space Required

General Preparation	Participants
Videoconference	<ul style="list-style-type: none"> ● Laptop or tablet with videoconference software (e.g. Zoom) installed ● See instructions for Zoom Installation (separate document)
Space	<ul style="list-style-type: none"> ● Quiet, well-lit room with hard flooring (such as tile, wood floor) or low pile carpet ● Dimensions required: <ul style="list-style-type: none"> ○ Approximately 5 feet x 9 feet (1.5 x 2.8 meters) space, which will allow you to position a chair far enough away from your laptop/device for the therapist to view your whole body ○ Room or hallway with 14 feet (4 meters) of length. This is needed for a walking test. If possible, this will be the same room as above, which will minimize the need to move your laptop/device ● Remove hazards, such as rugs, furniture, pets
Other	<ul style="list-style-type: none"> ● Laptop or tablet, charged >90% ● Stable surface for laptop or tablet ● Sturdy chair with back support, standard height (such as kitchen or dining chair). Arm rests are OK. ● Please do not use an office chair with wheels, or folding chair ● Walking aid, as needed ● Towel ● Please wear any splints or braces that you would normally use, but be prepared to remove these if asked by therapist ● Glasses and/or hearing aids, if needed ● Comfortable clothing → Try to wear colours that do not contrast each other or your equipment (e.g., wear white socks if you have a black background) ● Non-slip, sturdy shoes (that you will wear during TRAIL sessions) ● Telephone on hand in case assessor needs to reach you (for example, if you are experiencing difficulties with videoconferencing), or for emergencies ● Local emergency number
Measure	Equipment List (Participants)
Demographics	<p>If available, medical information about stroke such as date of stroke, location and type. You may have this information in doctor or specialist reports you might have.</p> <p>List of medications, vitamins, or other supplements</p>

Functional Comorbidity Index	
Montreal Cognitive Assessment	
NIH Stroke Severity Scale	
Modified Rankin Scale	
30s Sit-to-Stand (performance-based task)	Chair with back support, stopwatch
Tandem Stand (performance-based task)	
Timed Up and Go (performance-based task)	Chair with back support 3-meter marked distance on floor (can use tape to mark distances) Stopwatch Usual gait aid (if applicable) Usual splints or braces
Functional Reach (performance-based task)	Wall surface Tape or pen/paper (2 letter-sized (8.5 x 11”) paper taped at shoulder height) to mark starting point and distance reached
Modified Fugl-Meyer (performance-based task)	Sturdy chair with back support Bath towel. Preferably not plush or thick. Beach towels may work well.
Stroke Impact Scale	
Activities-specific Balance Confidence Scale	
Satisfaction Survey	

Timed Up and Go (TUG)

PURPOSE	The Timed Up and Go (TUG) is commonly used to assess mobility.
INSTRUCTIONS	Begin seated in a standard armchair. On the word “go,” get up, walk at a comfortable and safe pace to the line on the floor (3 metres away), turn, return to the chair and sit down.
EQUIPMENT	Stable Chair with back support (participant), usual gait aid (if needed, participant), digital stopwatch, tape (mark 3m)
HELPER SUPPORT	Before the assessment session, measure out 3 meter distance from the front of the chair, and mark the distance with tape. Help stabilize the chair for when the participant sits back down. For this test, it is best to keep your hands free and ready to support the participant in case of loss of balance. The stopwatch can be placed around your neck or on a table nearby.

Functional Reach

PURPOSE	The Functional Reach Test (FRT) is used to ascertain dynamic balance using one simple task.
INSTRUCTIONS	Please reach as far forward as you can without losing your balance. Keep your feet on the floor. You are not allowed to touch the wall as you reach. You can have two practice trials and then I will record the distance that you reach forward.
EQUIPMENT	Measuring tape or ruler; Tape 2 pieces of letter sized paper at shoulder height on a wall surface. <u>See photo below</u> . Participant will stand with arms outstretched at one end, holding a pen or marker. They will mark the starting point, lean forward as far as possible without losing their balance, and mark the final point.
HELPER SUPPORT	Assist with putting up pieces of paper along the wall at arm height of the participant. Mark a line on the paper where the participant reaches without bending forward. Mark a line on the paper where the participant reaches when bending forward. Measure the distance between the marked lines and report this number to the assessor. Support the participant in terms of maintaining balance while reaching forward.

