

Waterloo-Wellington Community Reintegration

*STEPS: S*tructured Exercise *P*ost-Stroke



STEPS Program Lead:

Lori Kraemer, RKin, CSEP Clinical Exercise Physiologist

Program location:



Centre for Community, Clinical
& Applied Research Excellence

Centre for Community, Clinical and Applied Research Excellence (CCCARE).

CCCARE is part of the Faculty of Health at the University of Waterloo.



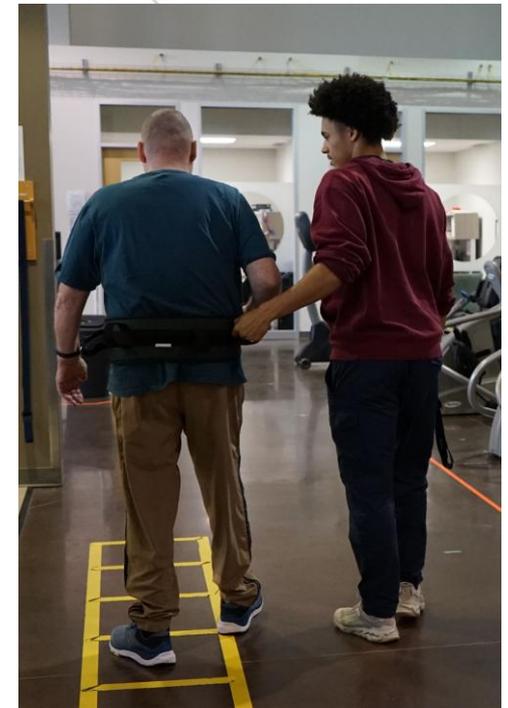
STEPS: Structured Exercise Post-Stroke

- Supervised by certified staff with expertise in stroke exercise programming and supported by trained students
- Individualized exercise programs aimed at improving strength, balance, cardiovascular fitness, mobility and range of motion
- Exercises are modified or changed regularly to continually challenge participant progress
- Positive social support network fostered in program and with coffee week gatherings



STEPS Eligibility

- Participants must be at least 3 months post-stroke, be able to self-transfer (get up from and down to a seated position independently) and walk a distance of 10 meters safely, with or without the help of a walking aid
- Must be cleared by physician to participate



STEPS Details

- Initial 12 week, twice-weekly (1 hr) program includes comprehensive pre and post assessments
- Option to continue in STEPS twice-weekly (1 hr) Graduate program for up to 1 year
- Option to transition to STEPS once-weekly (1 hr) Graduate program thereafter

Note re Fees: STEPS programs are fee for service and are subsidized by donations and the Faculty of Health. Please contact STEPS for current pricing.



How to get started: Referral to participate

- Physician must complete and send STEPS Referral Script. This form is emailed to participants if they contact us for information and is also available on website.
- Once STEPS Referral Script received, participants are contacted to schedule initial assessment or placed on wait list if program at capacity



Contact STEPS for information:

Phone: 519-888-4567, ext. 30217

Email: cccare.info@uwaterloo.ca

Website:

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