Sheffield Hallam University | Advanced Wellbeing Research Centre

Sheffield Hallam University Knowledge Applied | Centre for Applied Health and Social Care Research

University of Sheffield

NHS Sheffield Teaching Hospitals NHS Foundation Trust

ISRAAC Bringing Communities Together

Do you live with the effects of stroke?

Opportunity to join a research project using power-assisted exercise equipment

Who can join the project?

- Adults living with limited mobility or movement following stroke

What is power assisted exercise?

- Seated exercise machines with a motor which helps movement of the arms and legs (photographs opposite)



What would I need to do if I joined the project?

- Attend power assisted exercise sessions twice a week for 8 weeks
- Complete an exercise test at the start and end of the project
- Complete questionnaires about your quality of life
- Option to take part in an interview of focus group

Where is the study?

- Advanced Wellbeing Research Centre in Attercliffe

Contact: PACE4S@shu.ac.uk or Rachel Young (mobile)

(version 0.3 date 24//04/26)

FUNDED BY NIHR | National Institute for Health and Care Research