

IS 6 MONTHS POST STROKE THE END OF REHABILITATION?

Challenging limits to maximise neurological potential beyond this

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Disclosures

- Roaldsen was International Trial Manager for TWIST which received funding mainly from the National Program for Clinical Treatment Research in the Specialist Health Service in Norway, but also from the British heart foundation, the Swiss heart foundation and an unconditional grant from Boehringer Ingelheim
- Her research has also been funded by the Norwegian Health Association.
- Received a grant from Cochrane
- Received speaker fees from Daiichi Sankyo and Bristol Myers Squibb and Johnson & Johnson Alliance
- Provides consultancy for Bayer
- Former ESO Guidelines Board member
- Current Co-Chair WSO Guidelines Committee and COO of the Stroke Action Plan for Europe

Call for action!

**Although a third of stroke survivors experience aphasia, high quality trial data on the impact of SLT and brain stimulation on important aphasia outcomes is limited to a relatively small number of trials.*

Quote from the ESO guideline on aphasia rehabilitation – the first English based clinical guideline specifically developed for aphasia rehabilitation

EUROPEAN STROKE JOURNAL European Stroke Organisation (ESO) Guideline on Motor Rehabilitation

What are the recommendations for the most critical clinical questions in motor rehabilitation?

Methods	Results	Conclusion
6 prioritised PICOs	Provide: High-intensity walking for those with stable cardiovascular health in the chronic stage	With limited evidence found across the PICOs, this guideline calls for future trials and collaborations to strengthen the evidence base and clinical recommendations.
3 databases	Consider: Adding extra 20+ hours arm training Group therapy is as equally effective as individual training Adding sit-to-stand practice	
ESO standardised procedures	Expert consensus: Add extra 20+ hours walking training Offer a transfer package to translate therapy gains into real-life activities	
+++ GRADE tool		
Expert consensus statements		

Alt Murphy, M. et al. European Stroke Journal, 2025. murphy@euro-stroke.org doi.org/10.1177/23969873251338142

MORE RESEARCH IS WARRANTED

*Brady MC, Mills C, Prag Øra H, Novaes N, Becker F, Constantinidou F, Flöel A, Sunnerhagen KS, Isaksen J, Jagoe C, Jesus LM, Marangolo P, Meinzer M, van der Meulen I, Campbell P, Ho L, Hussain S, Hilari K. European Stroke Organisation (ESO) guideline on aphasia rehabilitation. Eur Stroke J. 2025 Dec;10(4):1189-1220. doi: 10.1177/23969873241311025. Epub 2025 May 22. PMID: 40401776; PMCID: PMC12098336.

THE SKY IS

Thank you!



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Related Websites:

<https://www.shinecollaboration.org/>

<https://actionplan.eso-stroke.org/>

<https://www.strokeactioncoalition.org/>

