

Have you or someone you know received treatment for arm and hand difficulties after stroke?

There are many different types of treatments that are available for people who experience hand and/or arm difficulties after a stroke.

We are bringing together findings from research studies that have looked at ways of helping and treating people who have arm and hand difficulties after stroke. This may highlight those that are of most benefit.

We would like to know what treatments or therapies you have received

If you, or someone you know has experienced arm and/or hand difficulties after stroke we are interested to know what treatments or therapies you have received, however beneficial they were. This will help us to understand the treatments that are in use, and make sure that we look for any research studies that have investigated how well these treatments work.

Here are some examples of treatments you may have had:

- **Exercises:** including different types of physiotherapy or mental practice exercises.



A physiotherapist supporting someone's arm during treatment

- **Equipment:** including mirror therapy, types of slings or splints used to support the affected arm/hand, and/or encourage movement, hand exercises, or equipment found in rehabilitation gyms.



Someone using mirror therapy

- **Technology:** including Functional Electrical Stimulation (FES), or use of computers such as gaming and virtual reality



This picture shows someone receiving FES



Here is someone using a gaming device to help improve their arm and hand movement.

- **Complementary therapies:** including massage, reflexology, Chinese medicine, acupuncture
- **Injections:** including botulinum toxin (botox)

There may be other types of treatments that you have received that we have not listed here.

We would like you to tell us about ALL treatments or therapies that you have received.

Please use the box below to describe the treatments or therapies you or someone you know have received for arm and/or hand difficulties:

Please pass this form on to anyone that you know who may also have had treatment for arm and/or difficulties.

Our researcher, Bridget Davis, will visit your stroke group early in 2025. She will collect any additional forms and can speak with your group again.

This research project is led by Professor Alex Todhunter-Brown as part of NESSIE (NIHR Evidence Synthesis Scotland Initiative).

You can email Alex and Bridget at nessie@ed.ac.uk

Thank you for your help with this research