



*Psychosomatic*

## Progressive resistance training after stroke

Does resistance training and the resulting increase in strength carry over to activity after stroke?

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Stroke is the leading cause of adult disability in the western world. Loss of strength after stroke (i.e., the loss of the ability to produce force) is also the main impairment that contributes to activity limitation after stroke.

Given that, you might think that the effects of strengthening interventions after stroke would be well established as beneficial. However, previous systematic literature reviews on this topic have included studies where the strengthening intervention was quite

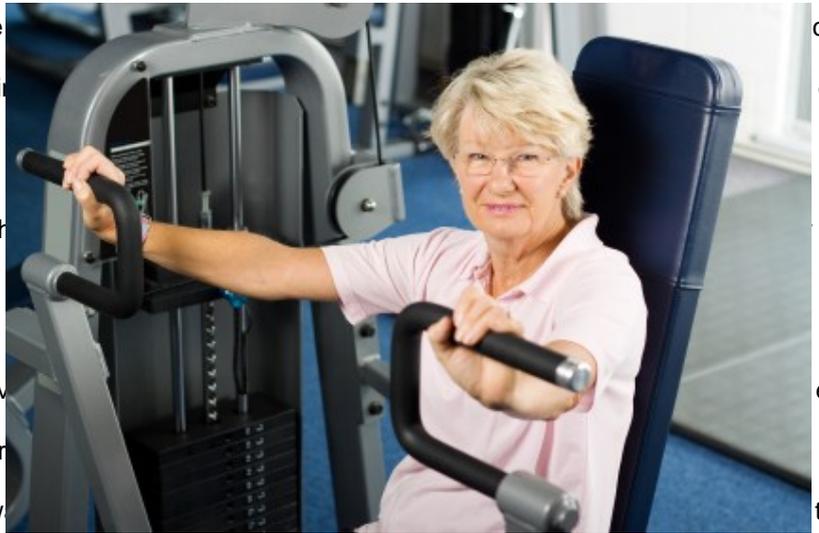
A new systematic review examined only trials where 11 studies involving 370 participants were included in a standardised mean difference (SMD) for each study.

This required an adjustment to account for the fact that

The review's best estimate of the effect of progressive

But did making patients stronger carry over into improved

Unfortunately, although the review's best estimate was



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