MERGING YOGA and OCCUPATIONAL THERAPY (MY-OT)
REQUEST FOR RESEARCH PARTICIPANTS

The study
Many people with stroke experience inactivity, high fall risk, and difficulty with balance. CSU Researchers invite you to participate in therapeutic yoga and occupational therapy. Our goal is to help you experience the benefits of yoga and a fall prevention intervention.

CSU Researchers are looking for people who:
- Survived a stroke over 6 months ago
- Finished with all rehab
- Have persistent balance problems
- Read and understand English
- Able to stand with or without an assistive device
- Over 65 years of age
- Willing to commit to yoga practice for 8 weeks

Time commitment: 4-5 hours/week

We will enroll 20 people

For more information, call:
Arlene Schmid
(970) 491-7562
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The procedure
You will be asked to complete assessments before and after participation. The therapeutic program will include:
- Group Yoga
- Relaxation Training
- Group occupational therapy focused on fall prevention

Investigator
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Study Sites & Recruitment From:
Integrative Rehabilitation Lab