

## Controlling Forward Progression for Improved Gait Post-Stroke

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### Methods

Testing will include a single session of walking on a treadmill for 5 minutes under each of the following four conditions: 1) control, 2) a stretchy band attached to your ankle will help move you forward while you walk, 3) the stretchy band will provide resistance while you walk, and 4) you will be asked to attend to a secondary task while walking with the stretchy band. While walking we will use sensors taped to your legs to tell us how your legs are moving and how your muscles are working. We will also use a mask to record how much oxygen you are breathing in while you walk.

### Subject Inclusion and Exclusion Criteria

#### Key Criteria for Study Inclusion:

1. 18 years of age or older
2. **≥ 6 months post unilateral, non-cerebellar stroke**
3. able to walk for 5 minutes without stopping without assistance of a person, but using assistive device(s) as needed
4. able to read and speak English

#### Key Criteria for Study Exclusion:

1. current pain or limited motion that interferes with performance of ambulation activities
2. presence of uncontrolled cardiorespiratory or metabolic disease that would preclude intensive treadmill walking (heart rate to 75% max)