

ESTART trial

ESTART (External Stimulators to Augment Rehabilitation Therapy) is a research project investigating the safety and effectiveness of external brain stimulation to aid recovery of movement in the arms and hands following a stroke.

Adults living in the Otago region, who have had a **stroke affecting their hand or arm function between four months and two years earlier**, confirmed by a previous head scan result (either CT or MRI) are invited to participate.

We require volunteers to be available to attend the following study phases at the School of Physiotherapy in Dunedin:

Phase 1 - Baseline assessments: Undergo screening, record brain activity, undergo magnetic brain stimulation, complete questionnaires and undergo an MRI.

Phase 2 - Intervention period: Attend 11 weeks of treatment three times a week, consisting of external brain stimulation combined with rehabilitation.

Phase 3 - Post-intervention assessments: Repeat baseline assessments.

Phase 4 - Home programme: Carry out daily home exercises as directed by a physiotherapist for six months.

Phase 5 - Follow-up assessments: Repeat baseline assessments.

For more information, please contact: Divya Adhia, Dunedin School of Medicine, University of Otago
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This project has been reviewed and approved by the Southern Health and Disability Ethics Committee.
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