

STROKE SURVIVOR

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting Tuesday, June 10

Speaker:

**Thomas G. Broussard,
Jr., PhD
(via Zoom)**

Topic:

Aphasia after stroke

When:

11:30 a.m. to 12:30 p.m

Where:

**Medical Plaza South
Conference Room 1
(across from the Community Pharmacy)**

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting

<https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1>

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of May meeting

AFOs After Stroke

Our speaker, Jennifaye V. Brown, PT, MSPT, PhD, NCS, CAPS, is the author of the book "Brace Yourself: AFOs after Stroke." AFO is an acronym for 'ankle foot orthosis,' which is a brace for the leg and foot. It is used primarily to prevent the foot from dragging while a person walks, often due to weakness in the leg muscles after a stroke.

Dr. Brown stressed the need for communication between the person, the family, orthotist, and therapist. In order to get the best fit and function from a brace, it is important to know what types of activities you do, what type of shoes you normally wear, and your goals, both now and in the future.

Dr. Brown shared her research about the concerns people who use braces have with the comfort, ease of use, inability to use the brace in a variety of shoe types, and their appearance. This was compared to the benefits of improved efficiency and safety with walking while using a brace.

More Information can be found on her website: <https://jvbneuropt.com/>.



Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.