

January 2, 2023



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

- HAPPY New YEAR!
- Health Promotion and Wellness Resources
- SAVE THE DATE - Trivia night



The Stroke SIG wishes you a Happy New Year.
We look forward to continuing to provide you with many resources.
Continue to visit our updated webpage, listen to our podcasts, ask questions at the Student Corner, or follow us on Twitter, FB, Instagram, Linked IN.
Thank you for joining us for a great year!!

[HEALTH, PROMOTION AND WELLNESS](#)

THE ANPT HPW HAS GREAT RESOURCES TO HELP YOUR PATIENTS

RESOURCES to help your practice



MOVE INTO THE NEW YEAR WITH HEALTH AND WELLNESS.

The Academy of Neurological Physical Therapy is committed to helping the profession of physical therapy promote health and wellness for individuals living with a neurological condition or injury. In efforts to reduce or eliminate secondary complications in individuals with neurological conditions, the Health Promotion & Wellness Practice Committee is devoted to development and dissemination of health and wellness resources to support the needs of the people we serve.

Click here for:

- Clinician Resources & Tools
 - Patient Educational Resources
 - [Is My Patient Right For Wellness? \(Decision Tree\)](#) *** PT Delivery Model
 - Bridging the Gap Overview Video
 - Bridging the Gap between PT and Lifelong Physical Activity and Exercise in People with Neurological Conditions: A toolkit for PT & PTA
 - Values, Goals, and Action Planning for Physical Activity Exercise (PT-Client)
 - Value Clarification Resource (PT-Client)
 - General Resources for Physical Activity, Health and Wellness (PT)
 - Neurological Condition Specific Resources for Exercise Prescription, Health and Wellness (PT)
 - Sargent Health Fitness Plan (PT-Client)
- Client/Patient Resources & Tools - Here are some specific resources developed for people with neurological conditions by physical therapists to help promote lifelong physical activity and exercise...
 - How to Bridge the Gap Between Physical Therapy and Lifelong Physical Activity/ Exercise Summary: Client Handout
 - Questions to Ask of Post-Rehabilitation Facilities: Client Handout
- Translation to Practice Settings

Foundational Learning and Key Articles

ANPT Education Center & APTA Learning Center: Online Courses

- Health Promotion & Wellness Strategies Applied to Neurorehabilitation

Get Involved...

- Council on Health Promotion and Wellness - community discussion board, committees, and provides resources on nutrition, annual Physical Therapy checkups (see adult and pediatric templates), health behavior change, and relevant APTA policies.

Stay tuned for more updates on what, when, and HOW you can WIN some great prizes.

SAVE THE DATE



TRIVIA NIGHT

Tuesday, January 31,
2021

Pre-CSM event
with prizes!!
6:30PM MST



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