



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

- ***NEW Article Review*** “Footwear Characteristics and Foot Problems in Community Dwelling People with Stroke”
- ANPT Award Nomination Deadline Aug 1!
- Stay Tuned! New Stroke SIG Mission and Vision Coming!
- Thank you to our volunteers who expressed interest in reviewing articles!



STROKE SIG ARTICLE REVIEW

Academy of Neurologic Physical Therapy



You can either read below, or listen to the audio version with this [LINK](#)

Completed by: Daniel Dray, PT, DPT NCS

THANKS DAN!!!

Summary topic title: Footwear Characteristics and Foot Problems in Community Dwelling People with Stroke

Article reference: Kunkel D, Mamode L, Burnett M, et al. Footwear characteristics and foot problems in community dwelling people with stroke: a cross-sectional observational study [published online ahead of print, 2022 Aug 14]. *Disabil Rehabil.* 2022;1-8. doi:10.1080/09638288.2022.2102679

Link to full article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9612931/>

Definitions:

- Foot Problems in this article are classified as; Impaired single limb heel raise, Impaired range of foot and ankle movement, Gait abnormalities, Palpation abnormalities, Hallux valgus, Pain, Impaired sensation, Reduced muscle strength, Swollen joints, Skin and nail changes, Toe deformities, and foot morphologies.
- Adequate Shoes are defined as those having a small, a high collar, broad heel, thin and firm midsole, adequate means of fixation and adjustment

and a textured slip-resistant outer sole.

Purpose of article: Inappropriate footwear has been linked to falls in older people. Therefore, footwear can be considered a modifiable risk factor for fall prevention. Foot problems have been identified in people with stroke, which can also affect balance performance and fall risk. The purpose of this study was to explore foot problems, footwear quality, and fit specific to people with chronic stroke.

Methods of interest: This was an exploratory cross-sectional observational study. Thirty community-dwelling adults with a history of CVA attended a single laboratory assessment session where current footwear and foot problems were assessed by a podiatrist. Health status was assessed using the Stroke Impact Scale and mobility was assessed using the Functional Ambulation Classification scale.

Results of interest: Indoors, most participants wore slippers (57%). Thirteen (43%) wore shoes indoors that were classified as outdoor shoes. Fifty percent of the shoes worn indoors fitted poorly, and slipper type shoes tended to be too short or too narrow and shallow. Outdoors, walking shoes were the most common choice (46%) but again often fitted poorly (47%). Only 10 (33%) of the 30 participants wore well-fitting shoes both in- and outdoors while 9 (30%) participants wore poorly fitting shoes both in- and outdoors. In addition to fitting poorly, indoor shoes were also mostly classified as “inadequate” (53%). Twenty-four (40%) outdoor shoes were classified as “adequate”. Nineteen (63%) participants self-reported foot problems. The podiatrists’ assessment showed that all 30 of the participants had at least one foot problem, with a mean number of 6.5 problems per participant. Higher number of foot problems was associated with poorer balance confidence, activity levels, participation, and upper limb movement ability. A significantly greater proportion of fallers (13/16) self-reported foot problems in comparison to non-fallers (4/14).

Discussion, take home message: In this study, many community-dwelling people with stroke wore poorly fitting and inappropriate shoes, all had foot problems, and a high percentage reported instability and falls. People with stroke could feel that there is a lack of professional advice on appropriate footwear. Footwear advice should be considered during stroke rehabilitation, particularly when interventions target fall prevention or improvements in balance and mobility. Guidance should include condition-specific information on appropriate footwear and encouragement that new shoe purchases should include measuring feet to ensure a good fit. Without this, many patients will continue to wear slippers and other unsupportive badly fitting shoes, despite the risks and negative health consequences.

Additional references:

-Tool for assessment of footwear characteristics used in this study:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678108/>

-Expert Group Criteria for the Recognition of Healthy Footwear:

<https://www.healthy-footwear-guide.com/Media/HealthyFootwear/pdfs/criteria.pdf>

-National Council on Aging; How the right shoes can protect you from falling:



ANPT AWARD DESCRIPTIONS

Service to the Academy Award

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy whose contributions to the Academy have been of exceptional value.

Excellence in Neurologic Research Award

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who has demonstrated continuing excellence in research related to neurologic physical therapy science, theory, practice, or education.

Excellence in Neurologic Education Award

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who is a gifted and creative educator. The awardee spends a majority of their time in an academic setting but continues to treat patients and develop strategies for intervention that directly affect patient care.

PT Clinical Excellence in Neurologic Physical Therapy Award

Purpose: To acknowledge and honor a physical therapist member of the Academy of Neurologic Physical Therapy whose major professional involvement and contributions are currently with the practice of neurologic physical therapy.

PTA Clinical Excellence in Neurologic Physical Therapy Award

Purpose: To acknowledge and honor a physical therapist assistant who is a member of the Academy of Neurologic Physical Therapy whose major professional involvement and contributions are currently with the practice of neurologic physical therapy.

Outstanding Clinical Innovator in Neurologic Physical Therapy Award

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who translated recent evidence or emerging practice/business strategies into a program, initiative, or service to benefit patients/clients with

neurologic impairment. The awardee should be individuals who led or co-led the implementation of this innovation and participated in monitoring its outcomes to measure its impact as well as success on the greater physical therapy community.

Outstanding Advocacy in Neurologic Physical Therapy Award

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who is an advocate for the neurologic physical therapy profession and/or neurologic populations.

Early Career Professional Award

Purpose: To support new professionals who are members of the APTA Academy of Neurologic Physical Therapy and show potential to make lasting contributions to the Academy of Neurologic Physical Therapy, by providing them financial assistance to attend CSM.

SIG Service Award

Purpose: To acknowledge a member of a particular SIG who goes above and beyond through volunteer contributions to the SIG and its efforts.

SIG Research Award

Purpose: To recognize a member of a particular SIG who has demonstrate exemplary contributions to the body of research representative of the population the SIG serves.

CSM Abstract: Early Career Scientist Award – After submitting your abstract through the CSM portal complete the form on the application page to be considered for this award.

There is no doubt that there are many talented individuals in the ANPT who could be nominated. Please take the time to nominate a deserving colleague! For more information and nomination forms [click here](#).

**** Deadline is August 1st.**



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The Stroke SIG has created a new **Mission and Vision!** Be on the lookout on our website in the next couple of weeks!!

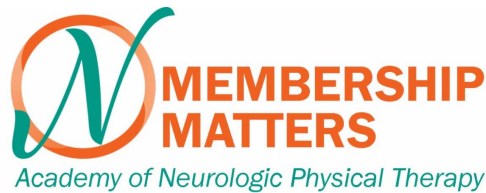
THANK YOU TO THOSE WHO VOLUNTEERED TO BE ARTICLE REVIEWERS!

We would not be who we are without your hard work!!

**Swapna B, Ritesh T, Cassie K, Dylan S, Keith M, Demiana F, Eyad K, Shyra O, Aniket C,
Rebecca P, Jonna C, Joanna D, Colton J**



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