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Creators	Gaskins, Nicola, Bray, Emma, Hill, James Edward, Doherty, Patrick J., Harrison, Alexander and Connell, Louise

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Implications for Rehabilitation

- Aerobic exercise after stroke is an effective intervention but there are challenges to implementation from a staff and system perspective.
- Any changes to the identified factors should be tailored to suit the staff group and setting.
- Provision of training and knowledge-sharing could improve staff's confidence in the prescription and delivery of aerobic exercise after stroke though other implementation strategies should also be considered.