

Central Lancashire Online Knowledge (CLoK)

Title	Factors influencing implementation of aerobic exercise after stroke: a
	systematic review
Type	Article
URL	https://clok.uclan.ac.uk/id/eprint/31081/
DOI	https://doi.org/10.1080/09638288.2019.1704075
Date	2021
Citation	Gaskins, Nicola, Bray, Emma, Hill, James Edward, Doherty, Patrick J., Harrison, Alexander and Connell, Louise (2021) Factors influencing implementation of aerobic exercise after stroke: a systematic review. Disability and Rehabilitation, 43 (17). pp. 2382-2396. ISSN 0963-8288
Creators	Gaskins, Nicola, Bray, Emma, Hill, James Edward, Doherty, Patrick J., Harrison, Alexander and Connell, Louise

It is advisable to refer to the publisher's version if you intend to cite from the work. https://doi.org/10.1080/09638288.2019.1704075

For information about Research at UCLan please go to http://www.uclan.ac.uk/research/

All outputs in CLoK are protected by Intellectual Property Rights law, including Copyright law. Copyright, IPR and Moral Rights for the works on this site are retained by the individual authors and/or other copyright owners. Terms and conditions for use of this material are defined in the http://clok.uclan.ac.uk/policies/

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.