

The effect of exercise on balance in newly diagnosed Transient Ischaemic Attack patients?

ACTRN12612000567820

Status RECRUITING
Sponsor Massey University
Enrollment 75 participants

Plain Language Summary

This study is looking at whether balance is affected after a transient ischaemic attack (TIA), sometimes called a mini-stroke, and whether a balance exercise program can help. A TIA happens when blood flow to part of the brain is briefly blocked and symptoms resolve within 24 hours. Even though the symptoms go away, researchers believe balance may still be affected. The study involves an 8-week exercise program focused on improving balance, coordination, and confidence.

You may be eligible if:

- You are 18 years of age or older
- You have been diagnosed with a TIA by a specialist stroke physician
- You live in the Wellington Region (within the Porirua area)

You may NOT be eligible if:

- You require oxygen, have uncontrolled angina, unstable heart conditions, uncontrolled diabetes, or major medical conditions
- You have poor circulation in your legs (claudication), a current fever or illness, significant cognitive impairment, or are unable to walk
- You live outside the Wellington Region

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Those diagnosed with TIA after review by a specialist stroke physician

Exclusion (2)

- Oxygen dependence, uncontrolled angina, unstable cardiac conditions, uncontrolled diabetes mellitus, major medical conditions, claudication, febrile illness, significant cognitive impairment, immobile
- TIA patients who reside outside of the Wellington Region (i.e., further away than Porirua).

Locations (1 total)

New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000567820>

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