

Telecoached Exercise Intervention for Connectivity Enhancement in Small Vessel Disease (TELECONNECT-SVD)

NCT06525987

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of L'Aquila
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (5)

- Age \leq 60 years;
- History of lacunar stroke occurred between 3 months and 10 years from screening and confirmed by neuroimaging or clinical data by an expert stroke physician;
- Modified Rankin Scale (mRS) score of 0-1, indicating no symptoms or no significant disability;
- A level of physical activity below recommended targets, i.e. $<$ 150 minutes per week of moderate-to-vigorous exercise (24);
- Ability to sign informed consent.

Exclusion (7)

- Uncontrolled hypertension;
- Heart disease impairing the possibility of safely following an exercise protocol at the discretion of the treating physician;
- Primary or secondary epilepsy;
- Prostheses, implants, and any device that might impair the performance of either high-density electroencephalogram or the exercise intervention;
- Cognitive impairment (Mini Mental State Examination score \leq 26 at follow-up);
- ... and 2 more (see full listing online)

Locations (1 total)

UOC Neurologia e Stroke Unit, Avezzano, L'Aquila, Italy