

## ***ESSR Journal Club***

**Covered Article:** “Amplified Neural Plasticity and Strength After Stroke”

Authors: Yao Sun and E. Paul Zehr

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- 1) Compared to training the more affected limb directly, what are the benefits of training the less affected limb after stroke?
- 2) What are the potential neural pathways that mediate cross-education training?
- 3) How do interlimb neural connections between the arms and legs regulate movement in the neurologically intact state?
- 4) How do arms give the legs “a helping hand” in walking for people with stroke?
- 5) What is the evidence showing neural plasticity is amplified in chronic stroke participants after cross-education strength training and arm and leg cycling training?
- 6) What is the evidence suggesting that humans use similar mechanisms as with other quadrupedal animals in regulating interlimb movement?
- 7) Discuss other training methods that can be used to activate interlimb neural networks and boost strength recovery in the more affected limb after stroke.
- 8) How could the training approaches using interlimb networks be applied to people with other neurological disorders while still being easily accessible for a community-based clinical population?