

# A Protocol for Encouraging Physical Activity Using Video Games for a Group of Individuals With Chronic Stroke

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Physical activity is important for individuals with chronic stroke to maintain an active life style and promote participation. Virtual reality and video games have been used in rehabilitation to improve the motor abilities post-stroke, but have not been used previously in a group setting. Promoting physical activity in a group using video games may facilitate motivation and provide mutual support for the participants. The protocol for this group intervention using video games for individuals with chronic stroke is presented. The protocol was developed based on principles from rehabilitation, physical activity, motor learning and group therapy. The intervention involved small groups of 5-6 participants that met twice a week for 3 months at Sheba Rehabilitation Center. Four rounds of the intervention were carried out with a total of 21 men and women, age range 29-70 years with chronic stroke. High satisfaction from the intervention was reported by 93% of the participants and high compliance was registered; 78% of the participants participated in at least 75% of the sessions. The four rounds were completed without falls or other adverse effects.