**![A picture containing food

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**Day 1 Exercise for Long-term Neurological Conditions.**

[Contained within this document are links to video clips, quizzes, templates and academic evidence concerning mental health disorders]

**Day 1 MCQ Practice Quiz -**

[**https://www.classmarker.com/online-test/start/?quiz=cec5f8618a20daa0**](https://www.classmarker.com/online-test/start/?quiz=cec5f8618a20daa0)

**Email addresses**

* [johnrobinson@wrightfoundation.com](mailto:johnrobinson@wrightfoundation.com)
* [grant@strength-physiology.online](mailto:grant@strength-physiology.online)
* MOOC Online Neurological Course [Link](https://www.mooc-list.com/tags/neuroscience?__cf_chl_jschl_tk__=cb8ce7d6a7e226b6b3029b2ad2a1237968d660f5-1603182411-0-AUWP8gB5meZ1Pytndse9msI6gXoOagvqaVwvqP28J7Js1wa5-L_mGlFh4vJDsGWvU4MFN48Bt81UR81lLLXuQ4KtnE5ewFmZzX-sLaUlE-7NL_xipQBF661pr644BDM0SobIVfjy_EXinjgLH8r4dA6CbeU3GIKeLo3k0vmLoFJhLE9GfCBIWDxj6pVJ4BTjlSb0_gZigmeeg8SSsHqMlxhSJFaXzpZPJRZEBTSAzQDokJvIDKqP_OdMKgRVc4vUAygBwCaUNIBvAymWP0OycjyBF6DM0BC4zdMhhDfzH21k)
* [Link](https://www.youtube.com/watch?v=Dm8wGSunOwM&feature=youtu.be) to Virtual Lecture on Stroke
* NHS Drug List [Link](https://www.nhs.uk/medicines/)

**Additional Reading**

**Strength-Physiology.Online Website [my own site]** [**Link**](https://www.strength-physiology.online/neuromuscular-disorders-exercise)

**YouTube Clips**

* Micro-Lecture Acquired brain injury (ABI) [Link](https://youtu.be/Dm8wGSunOwM)
* Micro-Lecture Spinal cord injury [Link](https://youtu.be/XIGdhsr68es)
* Micro-Lecture Gellish et al 2007 Calculation [Link](https://youtu.be/wye9sG15_UM)
* Nucleus Medical Media Ischemic Stroke [Link](https://youtu.be/7FR1TsKLoDI)
* My stroke of insight | Jill Bolte Taylor [Link](https://youtu.be/UyyjU8fzEYU)
* What Dr. Jill Bolte Taylor Learned After Her Stroke | Staying Sharp [Link](https://youtu.be/PswRQ8iGcgg)
* Stroke: the loss and recovery of familiarity | Mark Ware | TEDxFulbrightGlasgow [Link](https://youtu.be/DW-iKEsh6Mk)
* What happens during a stroke? - Vaibhav Goswami [Link](https://youtu.be/-NJm4TJ2it0)
* Post Stroke Gait Rehabilitation | David Huizenga | TEDxGreenvilleSalon [Link](https://youtu.be/Ej0DCsdA4mA)
* Berg Balance Test [Link](https://www.youtube.com/watch?v=99I5009HFkI)
* 30-Second Chair Stand Test [Link](https://youtu.be/Ng-UOHjTejY)
* Introduction: Neuroanatomy Video Lab - Brain Dissections [Link](https://youtu.be/_aCCsRCw78g)
* Brain Anatomy Overview - Lobes, Diencephalon, Brain Stem & Limbic System [Link](https://youtu.be/tRyp8EdRUiE)
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**Quizlet**

* Acute Brain [Link](https://quizlet.com/439506447/acute-brain-flash-cards/)
* Stroke [Link](https://quizlet.com/gb/304310735/stroke-flash-cards/)
* Spinal Cord Injuries [Link](https://quizlet.com/371070104/spinal-cord-injuries-flash-cards/)

**Textbooks & Resources**

* Essentials of Anatomy and Physiology [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:da025640-b9c5-4e11-9c7f-183c2bf38da4)
* [Ross and Wilson] ANATOMY and PHYSIOLOGY in Health and Illness Eleventh Edition Anne [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:258ac661-73fb-48dd-b1f2-b330aff48465)
* Stroke revisited: diagnosis and treatment of ischemic stroke [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:a9658289-f114-47f9-8a06-4f03bac26c21)
* Acute Ischemic Stroke: Medical, Endovascular, and Surgical Techniques [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:0a80bdb0-1f9d-46a9-9b74-d990546dd153)
* Spinal Cord Injury [Link](https://www.spinalunit.scot.nhs.uk/wp-content/uploads/2015/11/Living-with-a-Spinal-Cord-Injury.pdf)
* The Physiology of Exercise in Spinal Cord Injury [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:9de82be9-1a5f-48ea-84b4-7f1def401677)
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**Table 1.** NSCA (2018) Recommendations for Program Design for Individuals who have Sustained a Stroke

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**ACSM 2018 Recommendations**

