

Did you have a stroke and your arm was severely affected?
Or are you caring for a stroke survivor whose arm was severely affected?

If yes, we would like to invite you to take part in our study.



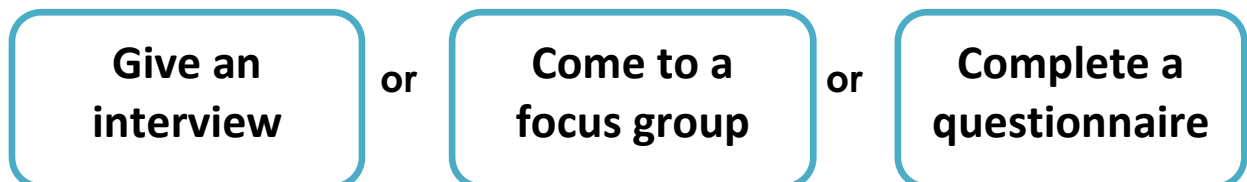
The study title is: ***Managing your affected arm after stroke (MyARM)***

We want to find out about the experiences of people whose arm and hand have been severely affected by a stroke. We also want to find out about the experiences of family members and friends.

The person with a severely affected arm

- can move the arm very little, or not at all
- may have spasticity (sometimes also called “high muscle tone”), a tightening of the muscles
- may have pain and swelling

There are three different ways you can take part:



To find out more, please visit www.healthcare.ac.uk/research/my-arm/

Also, **please ask me any questions:** I am a researcher at Kingston and St George's in London.

Thank you for taking the time to consider our study.

**GREATER
+TOGETHER**

Kingston
University
London



Dr Stefan Tino Kulnik

s.t.kulnik@sgul.kingston.ac.uk

T: 020 8725 2266

M: 077 5836 9472

