



# Navigating Stroke Recovery in the Cardiac Population

Wednesday April 29th, 2026

12-1:30 pm

**At the end of the session participants will be able to:**

- Describe standard versus modified sternal precautions and impact on post stroke recovery/functional retraining
- Articulate stroke rehab goals with cardiac considerations
- Identify tools and resources to facilitate safe patient handling and recovery
- Describe considerations for prescribing aerobic activity in the stroke+ cardiac population
- Summarize stroke and cardiac rehabilitation options, referral processes and apply to case studies to facilitate smooth transitions.



**Presented by:**

**Dana Guest PT, Kate Charbonneau OT**  
**Champlain Regional Stroke Network**

**Kate Wolf PT, Tammy Lafreniere PT,**  
**Gabrielle Bazinet OT**  
**University of Ottawa Heart Institute**

**Registration is not required**

[Click here or scan the QR code to join the webinar](#)

