



# Effect of kinesitherapy on physical activity in patient with Guillain-Barré syndrome



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## OBJECTIVE

The aim of the survey is to study the influence of the applied kinesitherapy (KT) in a patient with Guillain-Barré syndrome with severe and protracted course of the disease.

## MATERIALS AND METHODS

The study was conducted with a female, 34 years old, in the subacute stage of the disease within two months at home after discharge from hospital. Kinesitherapy sessions were performed 2-3 times per week with 1-2 hour duration, moderate intensity with more breaks between exercises without reaching fatigue. To monitor the effect of KT the patient performed twice the following tests:

- Transfer from lying on her back to the left side (sec)
- Transfer from lying on her back to the right side (sec)
- Transfer lying to standing (sec)
- Five Times Sit To Stand (sec)

## RESULTS

After KT it was found an improvement in the speed of response of the patient for changing the body position and transfer due to systematic applying of various therapeutic exercises for strength of lower limbs and abdominal muscles, balance and coordination. The time for performing the test " Five Times Sit To Stand " decreased with 33 sec, which is indicative of the strength of the lower limbs

## CONCLUSIONS

After two months of kinesitherapy an improvement of functional status of the patient was observed.

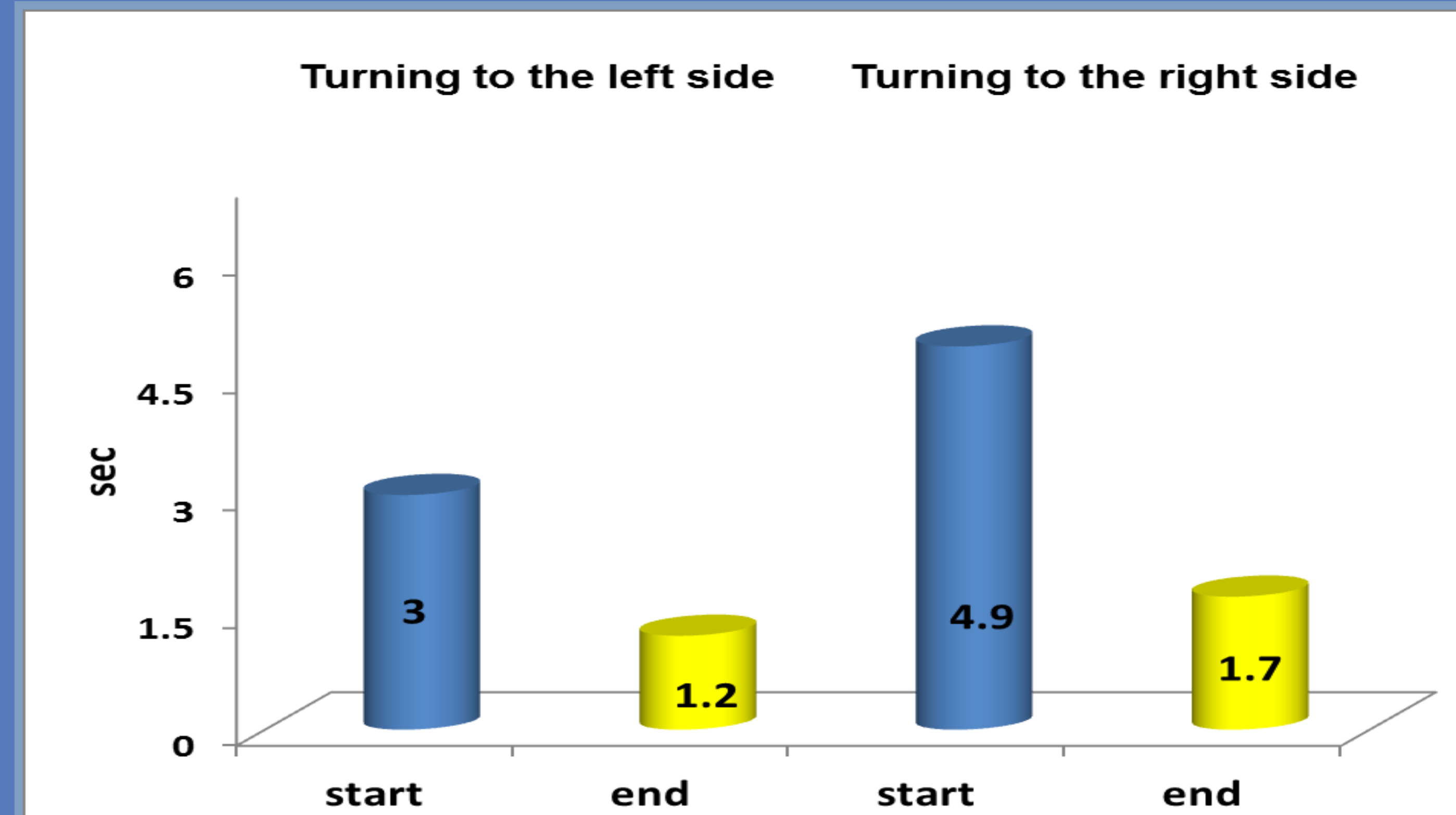


Fig.1 Changes in the mean values of transfer positions in the bed (sec) before and after kinesitherapy

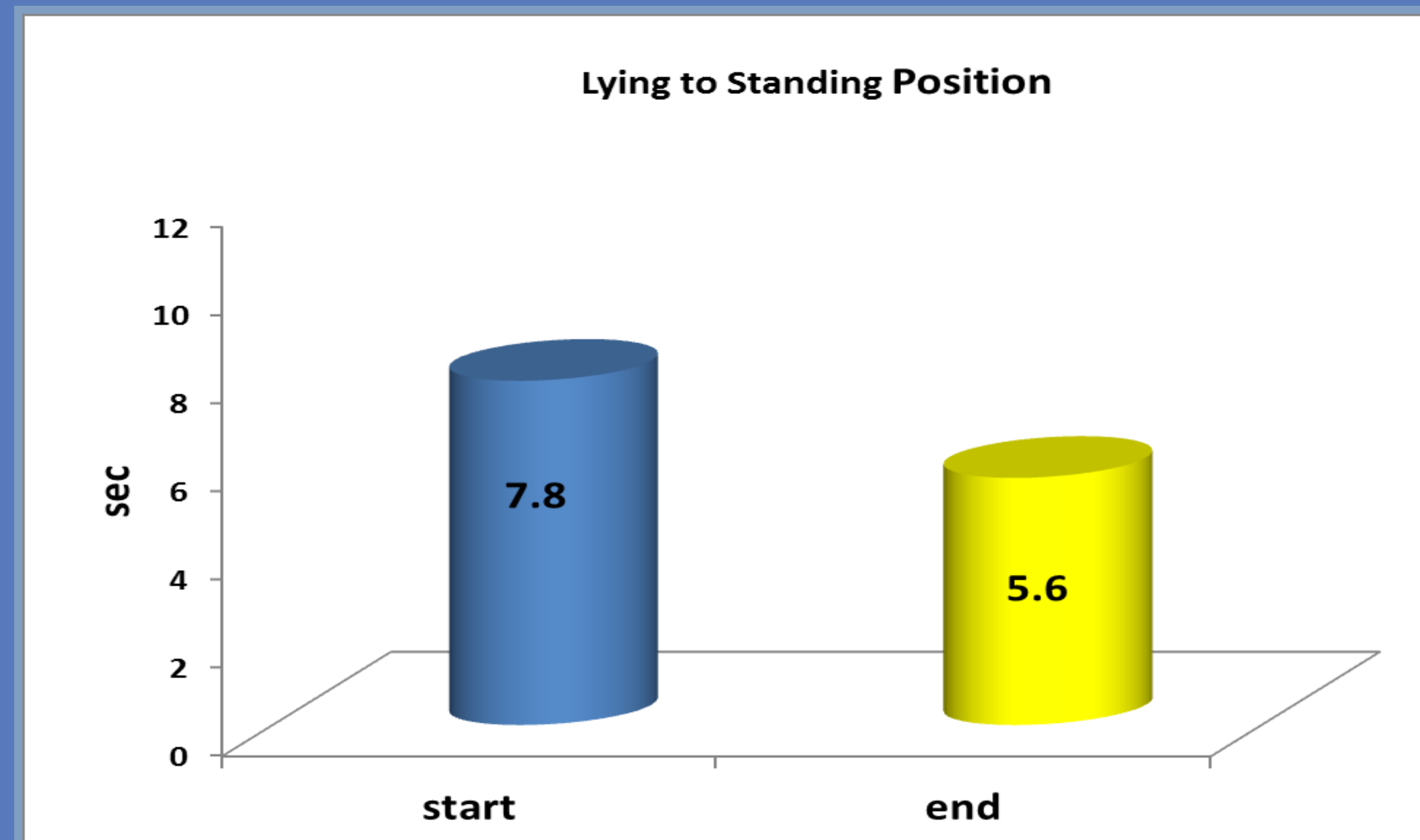


Fig.2: Changes in the mean values from lying to standing position (sec) before and after kinesitherapy

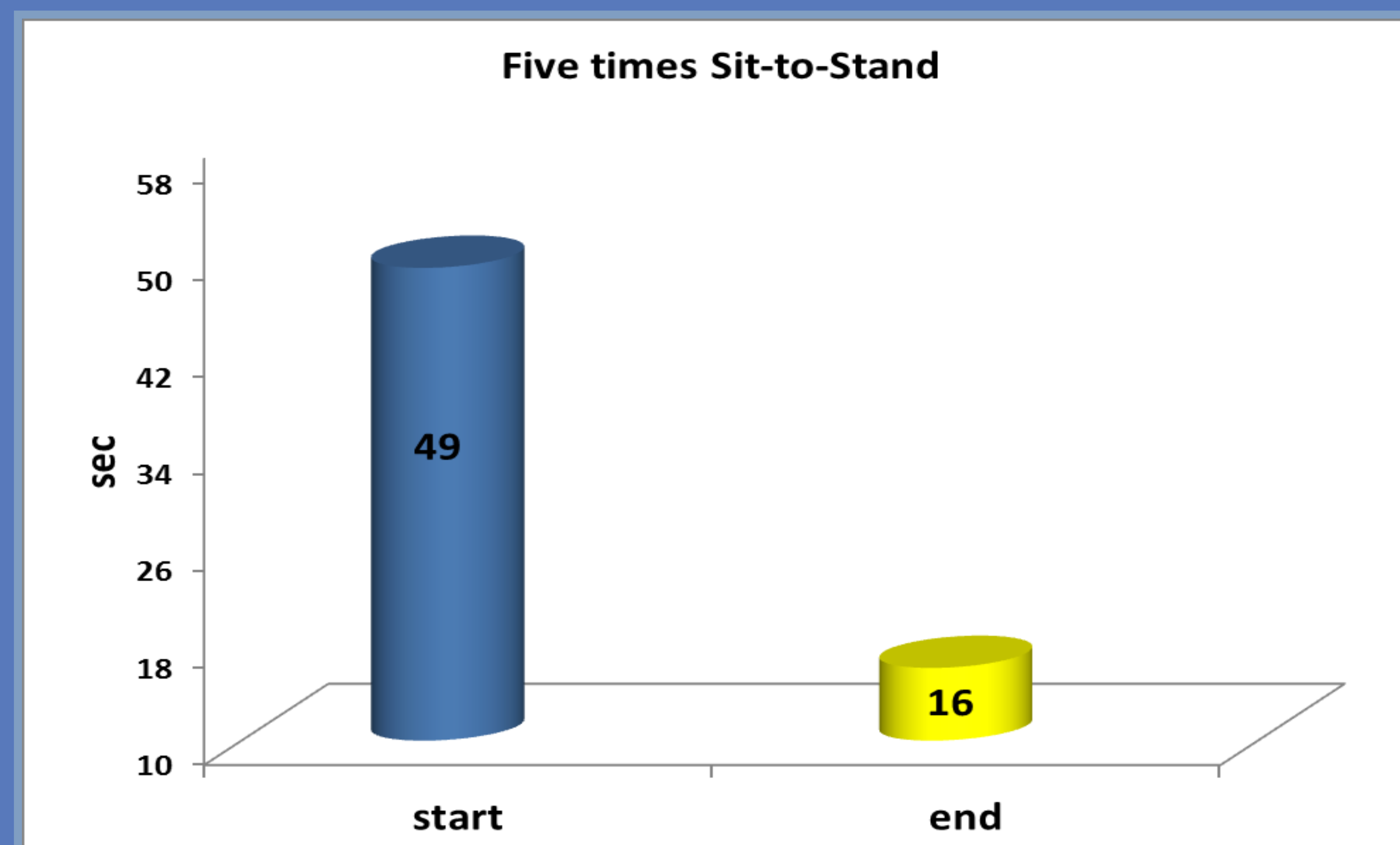


Fig. 3 Changes in the mean values of the test "Five Times Sit To Stand" (sec) before and after kinesitherapy

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