



# Improving motor independence after supratentorial unilateral stroke in the chronic period



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## OBJECTIVE

The aim of this study is to evaluate the effect of the specialized kinesitherapy methodology (SKTM) on the motor independence in patients with supratentorial unilateral stroke in the chronic period (SUSChP).

## MATERIALS AND METHODS

The study was conducted with 67 patients with SUSChP (56 patients included in the experimental group - 32 men and 24 women, with duration of the disease  $7.8 \pm 2.0$  months, and 11 patients in the control group - 9 men and 2 women, with duration of the disease  $7.3 \pm 1.5$  months).

To evaluate the changes is used Functional Independence Measure test - FIM. In the patients from the experimental group is applied treatment with a specialized 10-day KT, continued later as an adapted exercise program at home for a period of 1 month. Control patients are following a conventional 10-day KT.

In SKTM principles of modern neurorehabilitation and motor learning as opposed to usual kinesitherapy.

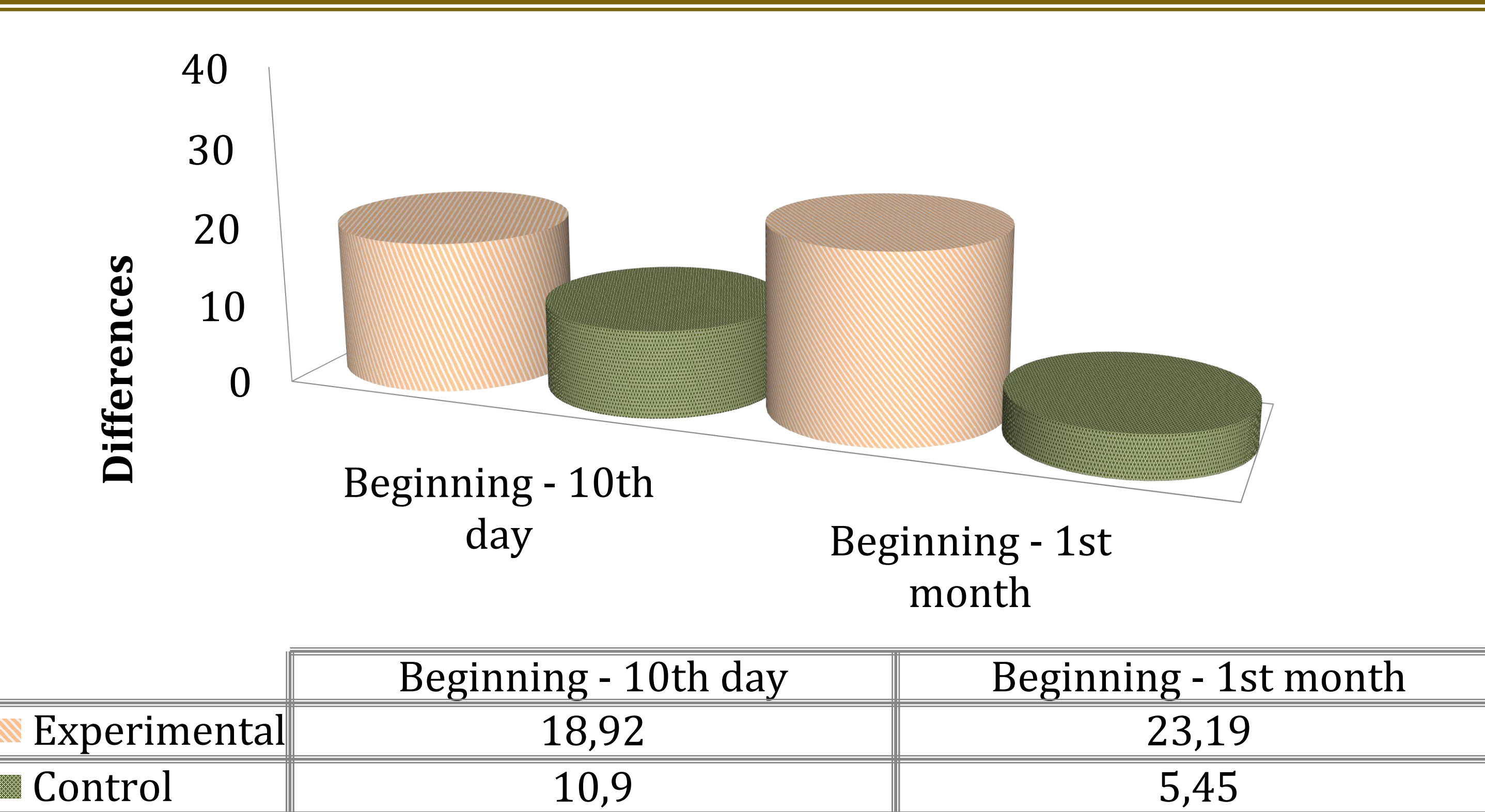


Fig.1 Graphical representation of changes in FIM

## RESULTS

After applied SKTM, highest tendency towards improvement of the motor independence is established in the 1st month, with a level of significance during treatment  $p < 0.001$ .

## CONCLUSIONS

The applied SKTM in the experimental group later continued as an adapted exercise program at home, significantly improved the motor independence of the patients with supratentorial unilateral stroke in chronic period compared with the usual kinesitherapeutic methodology applied in the control group.

