



IMPROVING MOTOR ACTIVITY IN PATIENTS WITH SUPRATENTORIAL UNILATERAL STROKE IN CHRONIC PERIOD



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OBJECTIVE

The aim of the study is to evaluate the effect of the specialized kinesitherapy methodology (SKTM) on motor activity 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 are included in the experimental group - 32 men and 24 women, with the duration of the disease 7.8 ± 2.0 months, and 11 patients in the control group - 9 men and 2 women, with the duration of the disease 7.3 ± 1.5 months).

To evaluate the changes, the motor capabilities are tracked with a modified Chedoke-McMaster test, and muscle tone with a modified Ashworth scale for upper and lower extremities that are relevant metric to evaluate the motor activity of the patients.

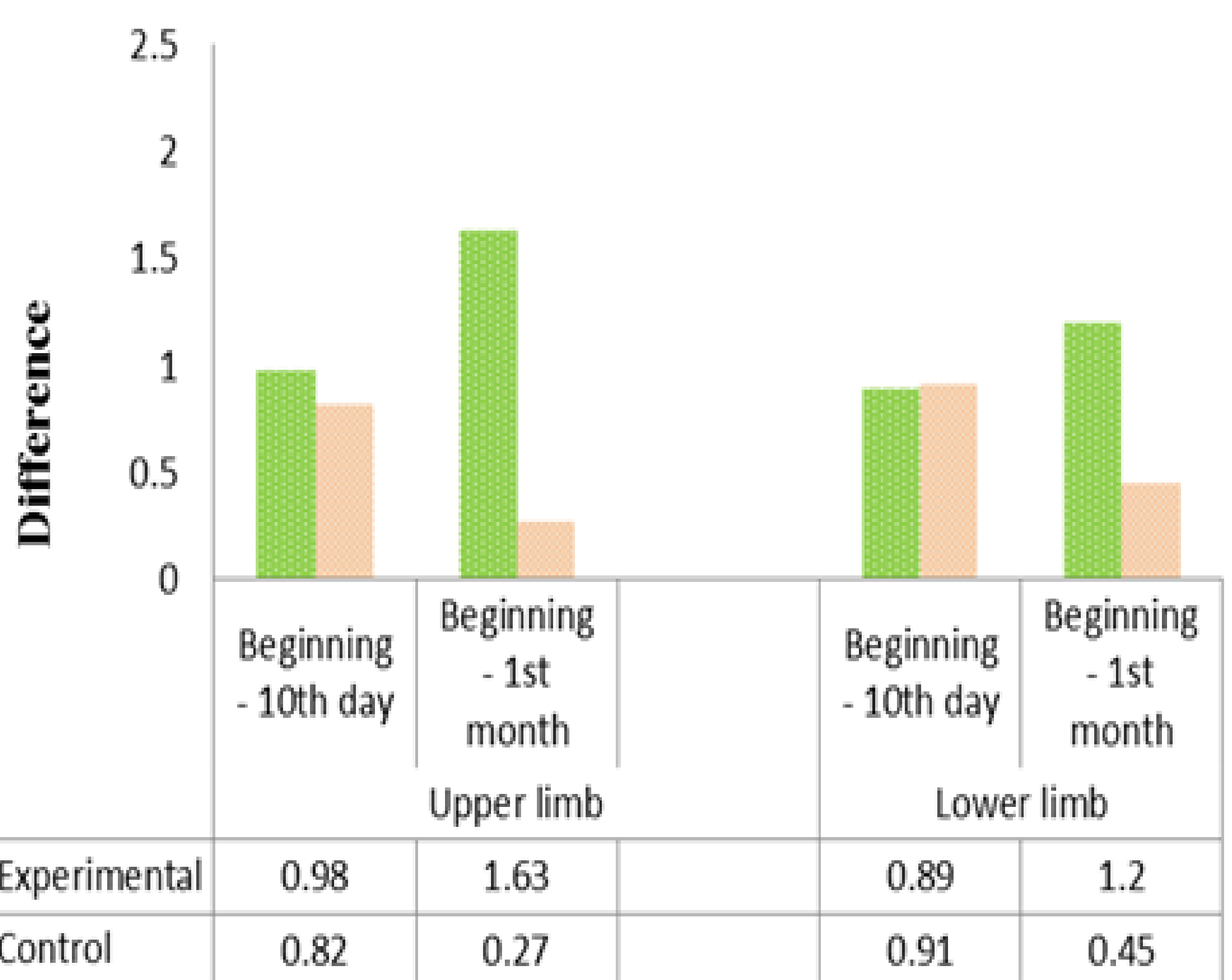


Fig.1 Graphical representation of changes in motor recovery

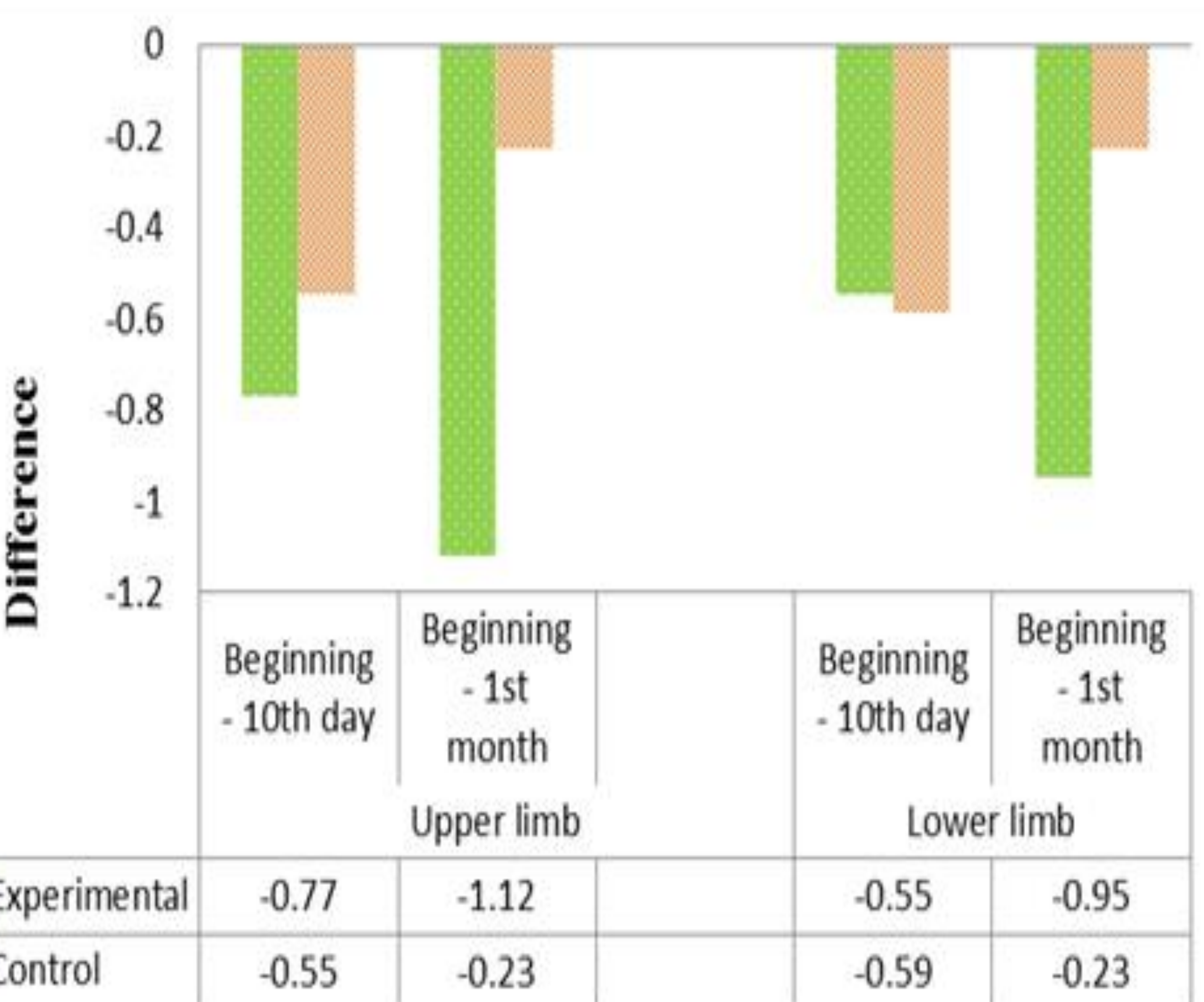


Fig.1 Graphical representation of Changes in muscle tone

RESULTS

After applying SKTM, the highest tendency towards improvement of motor activity is established in the 1st month for upper and lower extremities, with a level of significance during treatment $p < 0.001$.

CONCLUSIONS

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

Kinesitherapy

Motor activity

Motor capabilities

Stroke

Chronic period