



# IMPROVING ORTHOSTATIC REACTIONS 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 orthostatic reactions in patients with supratentorial unilateral stroke in the chronic period (SUSChP).

## MATERIALS AND METHODS

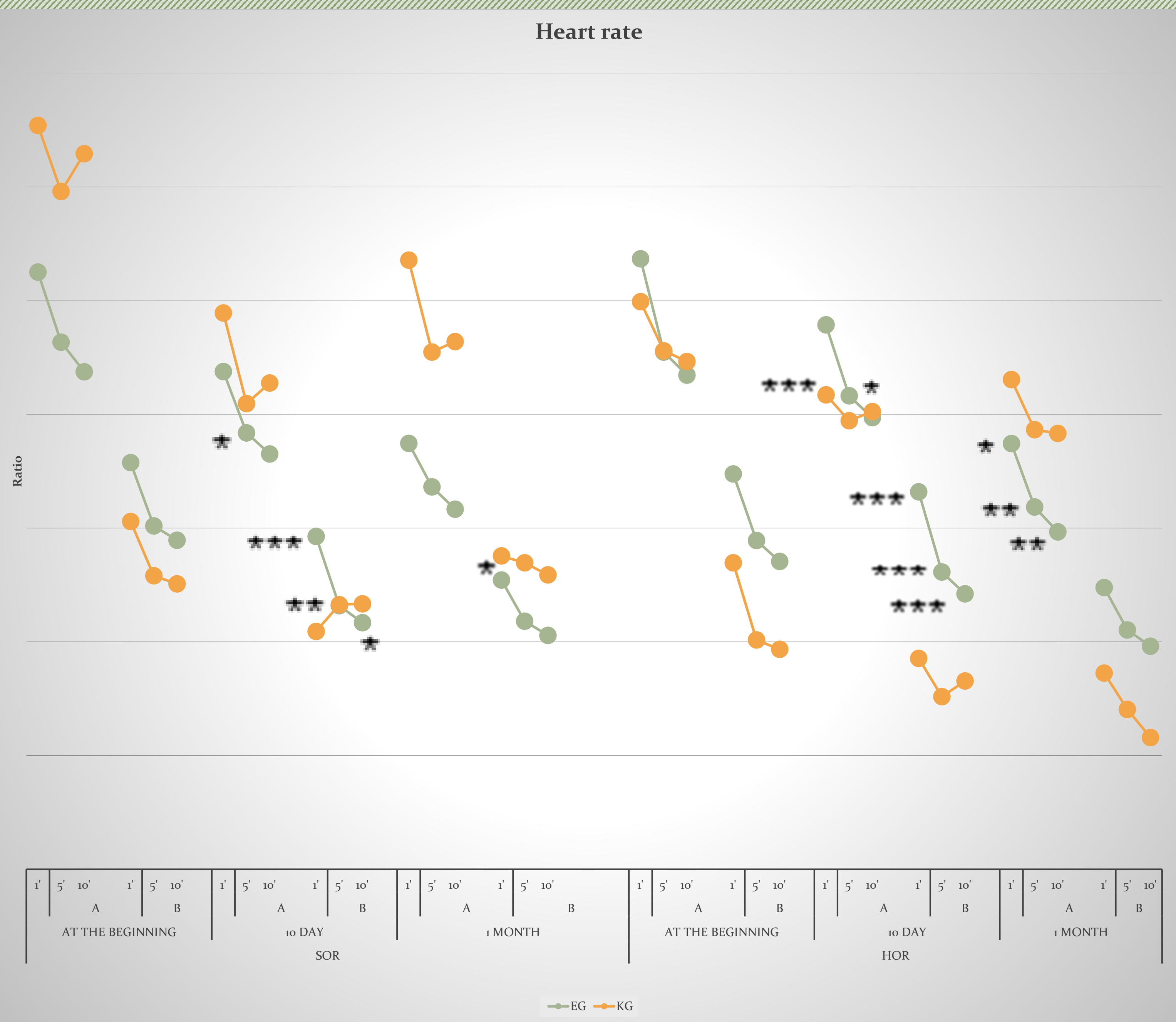
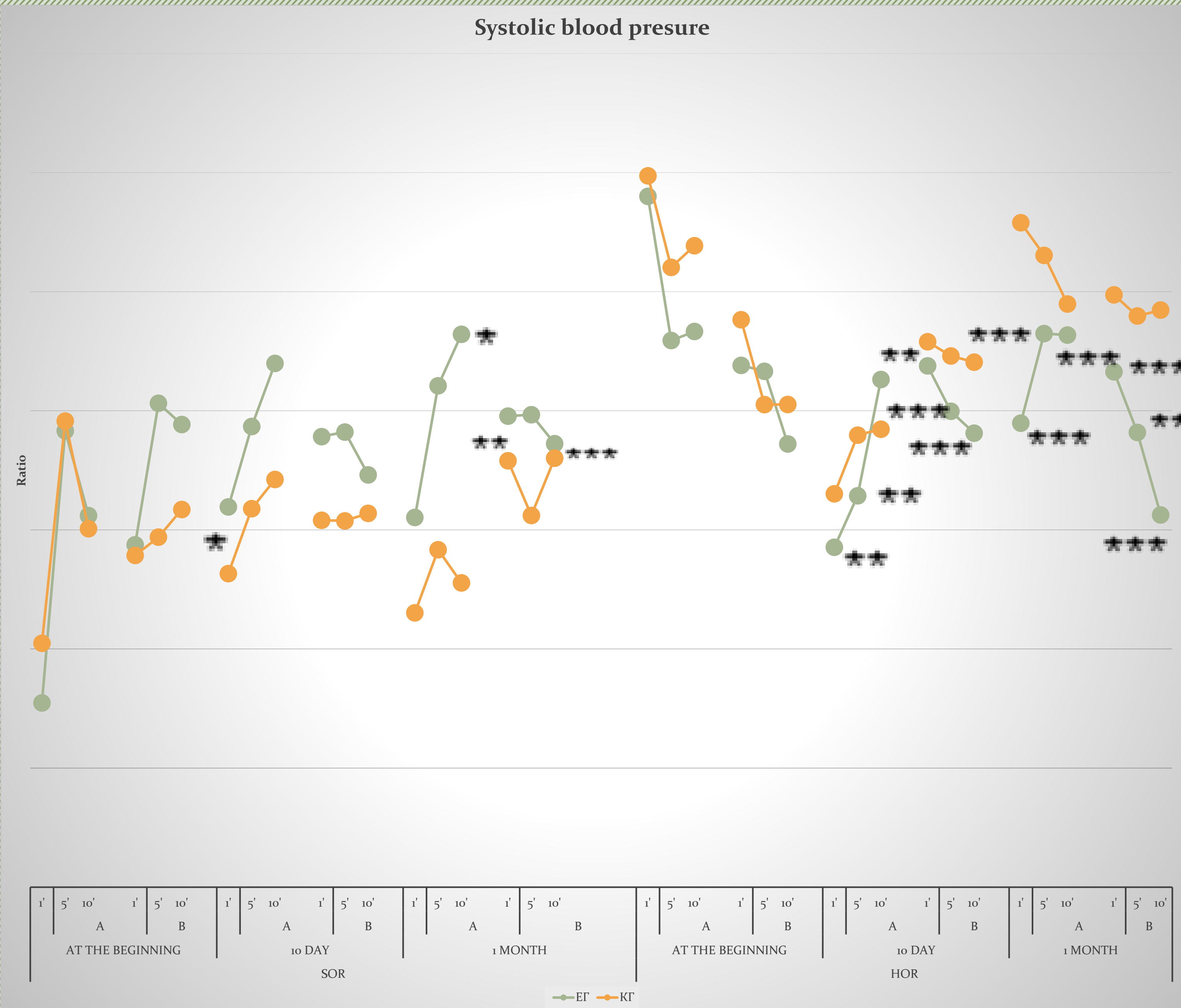
The study was conducted with 67 patients with SUSChP (56 patients included in the experimental group - 32 men and 24 women, with duration of the disease  $7.8 \pm 2.0$  months, and 11 patients in the controled group - 9 men and 2 women, with duration of the disease  $7.3 \pm 1.5$  months). Depending on the type of orthostatic reaction, the studied patients were previously divided according to the Thulesius classification. Disorder in the orthostatic reactivity was found in all patients. Some had sympathicotonic orthostatic reactivity (SOR), and other patients had hypertonic orthostatic reactivity (HOR). The patients from the experimental group were treated with a specialized 10-day KT, which was later performed as an adapted exercise program at home for a period of 1 month. Patients from the controlled group performed a regular 10-day KT.

## RESULTS

This study shows that the applied 10-day specialized kinesitherapy in clinical conditions, continued later as an adapted exercise program at home, permanently improves the orthostatic dysregulation in patients with SUSChP, as opposed to a controlled group where the application of a regular 10-day kinesitherapy, resulted in a short-term improvement on the final day of treatment, after which a tendency to return to baseline occurred in subgroups with SOR and HOR.

## CONCLUSIONS

The application of specialized kinesitherapy with moderate intensity and one-month duration of persistence resulted in a significant improvement in orthostatic reactivity in patients with supraterritorial single-sided stroke in the chronic period and orthostatic dysregulation.



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Kinesitherapy

Orthostatic  
reactions

Stroke

Chronic  
period