



# EFFECT OF KINESITHERAPY ON FUNCTIONAL DISORDERS IN PATIENTS WITH DEMENTIA

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## PURPOSE

To monitor the effect of kinesitherapy on functional disorders in patients with dementia.

## CONTINGENT AND METHODS

The 9 patients included in the study with moderate dementia according to the Mini Mental State Examination Test agreed to kinesitherapy treatment at home for a period of 1 month. The effect of the application of kinesitherapy on the functional disorders of patients in the preclinical stage of the disease is evaluated using the Barthel scale. Moderate-intensity aerobic exercises, resistance exercises, exercises for functional activities of everyday life, as well as exercises for balance and coordination are applied.

## RESULTS

The present study shows that the effect of the 1-month home kinesitherapy technique plays a role in improving the functional capabilities of patients with dementia, and the results are expressed in an increase in the total number of points according to the Bartel scale ( $89 \pm 5$ ).

## CONCLUSION

The observed improvement is due to the long-term application of the methodology and reduction of age-related cerebral atrophy in the frontal and temporal lobes of the hippocampus and in all areas key to cognitive activity associated with reducing the risk of cognitive deficits.

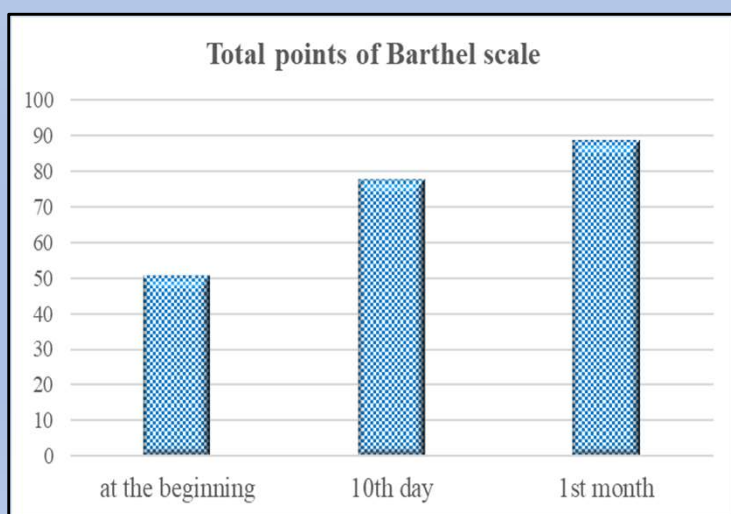


Fig. 1 Graphical representation of changes in total points of Barthel scale.

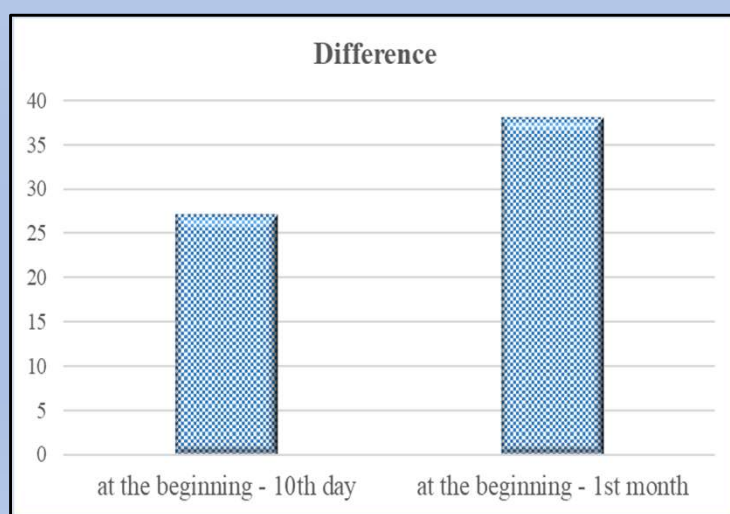


Fig. 2 Graphical representation of difference in total points of Barthel scale

**DEMENTIA**

**KINESITHERAPY**

**MODERATE**