



EFFECT OF KINESITHERAPY ON FUNCTIONAL DISORDERS IN PATIENTS WITH ISCHEMIC STROKE

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Purpose: The study aims to trace the influence of specialized kinesitherapeutic methodology (SKTM) on functional disorders in patients with ischemic stroke in the chronic period (ISChP).

Material and Methods: The study was conducted with 12 patients with ISChP (7 men and 5 women, mean age 167.2 ± 6.3 years old, weight 75.6 ± 9.2 kg, height 167.2 ± 6.3 centimeters and duration of illness up to 1 year).

Assessment of motor recovery and the level of functional independence test is used to test Brunnstrom and functional independence - FIM. The stage of functional recovery and the level of functional independence were assessed at the beginning, at the 10th day, at the 1st month and at the 2nd month after the start of the kinesitherapy. All patients were treated with a specialized 10-day SKTM, which later continued to be performed by patients as adapted exercise program at home for a period of two months.

Results: After the application of SKTM the highest tendency towards improvement in the motor recovery and functional independence was established at the 1st month with a level of significance $p < 0.001$.

Conclusion: Specialized kinesitherapeutic methodology continued later as exercise program at home, significantly improved motor recovery and functional independence in patients with functional impairment due to ISChP.

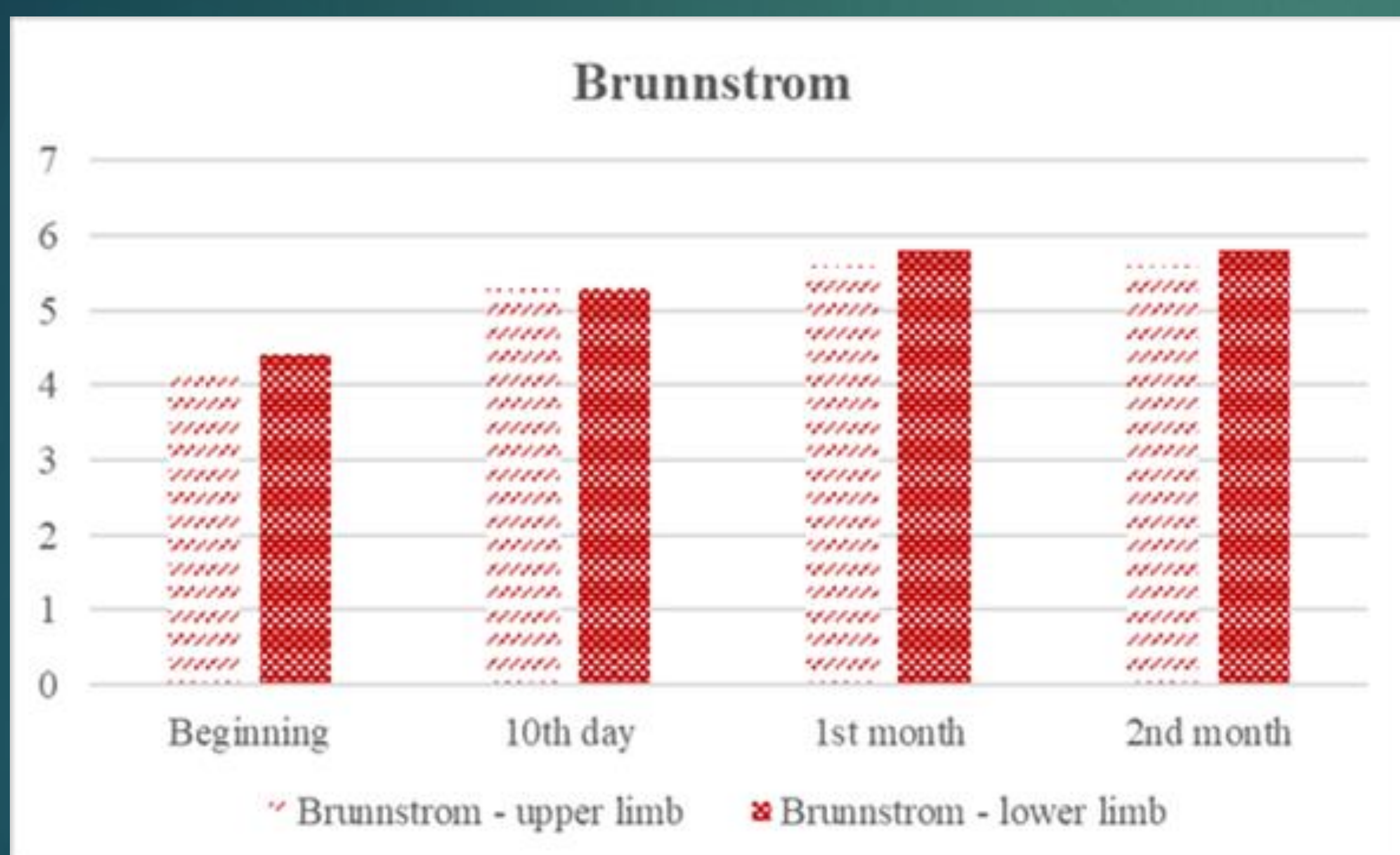


Fig.1 Graphical representation of changes in assessments of Brunnstrom

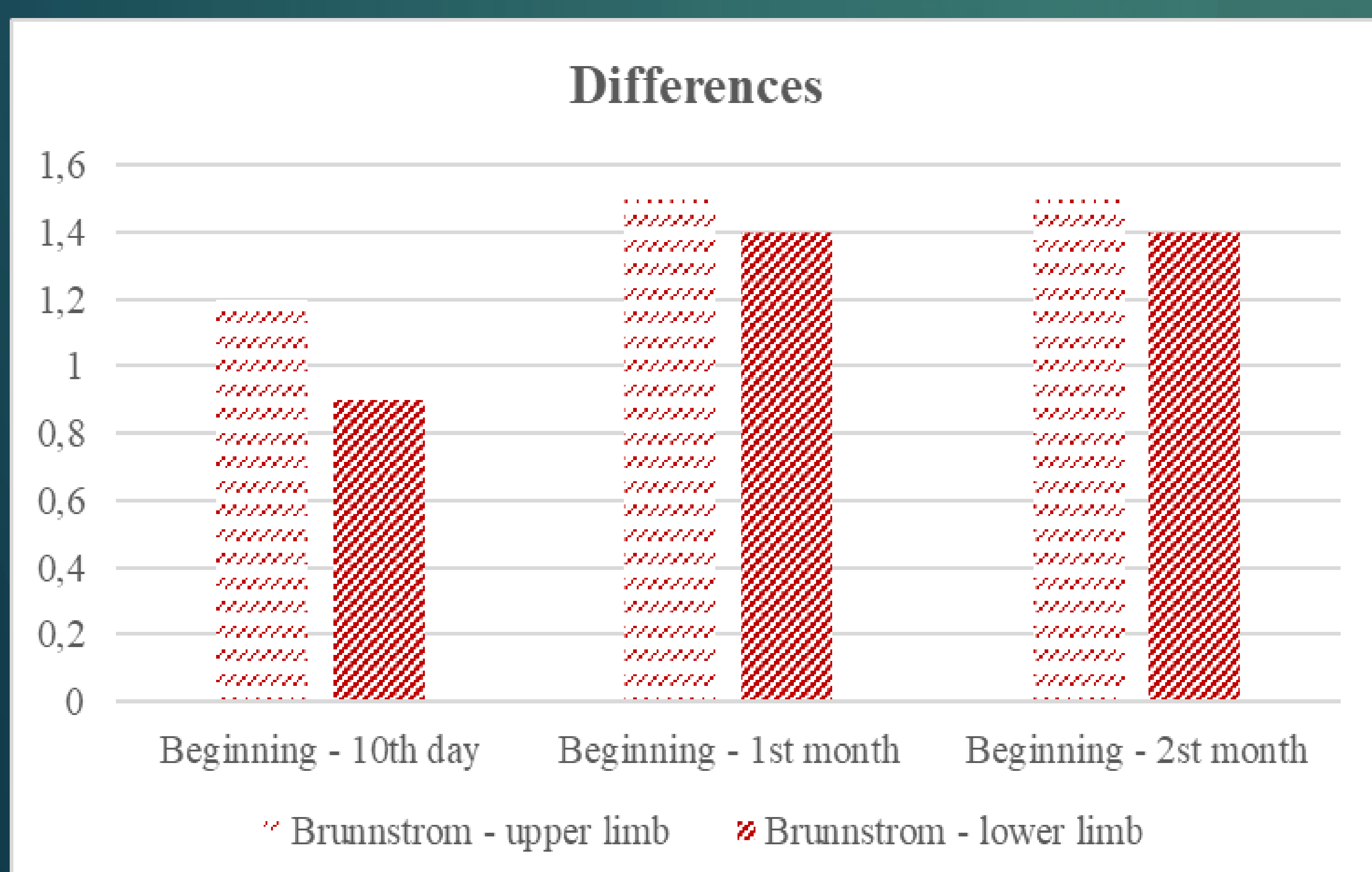


Fig. 2 Graphical representation of differences in changes in assessments of Brunnstrom

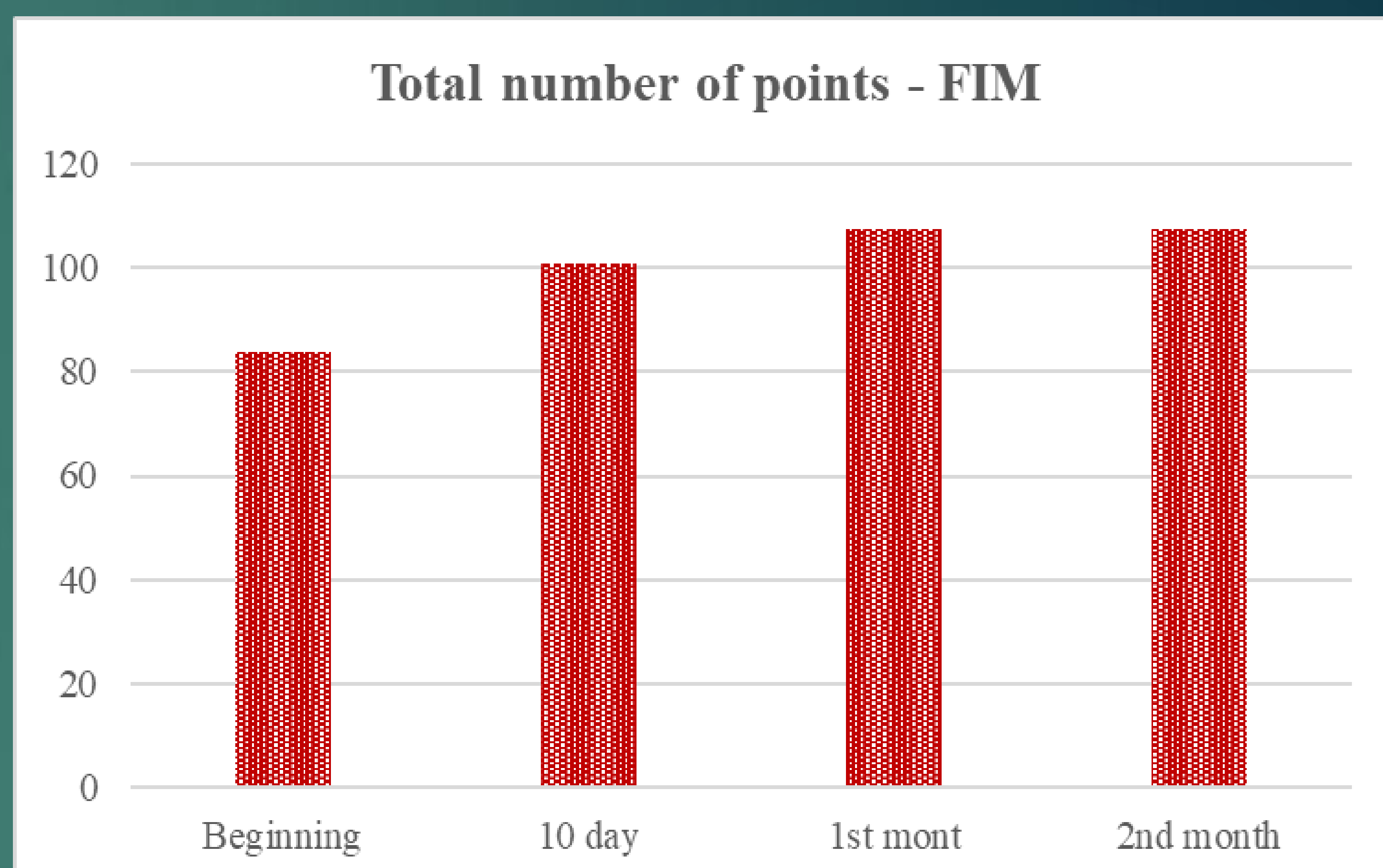


Fig.3 Graphical representation of changes in total number of FIM

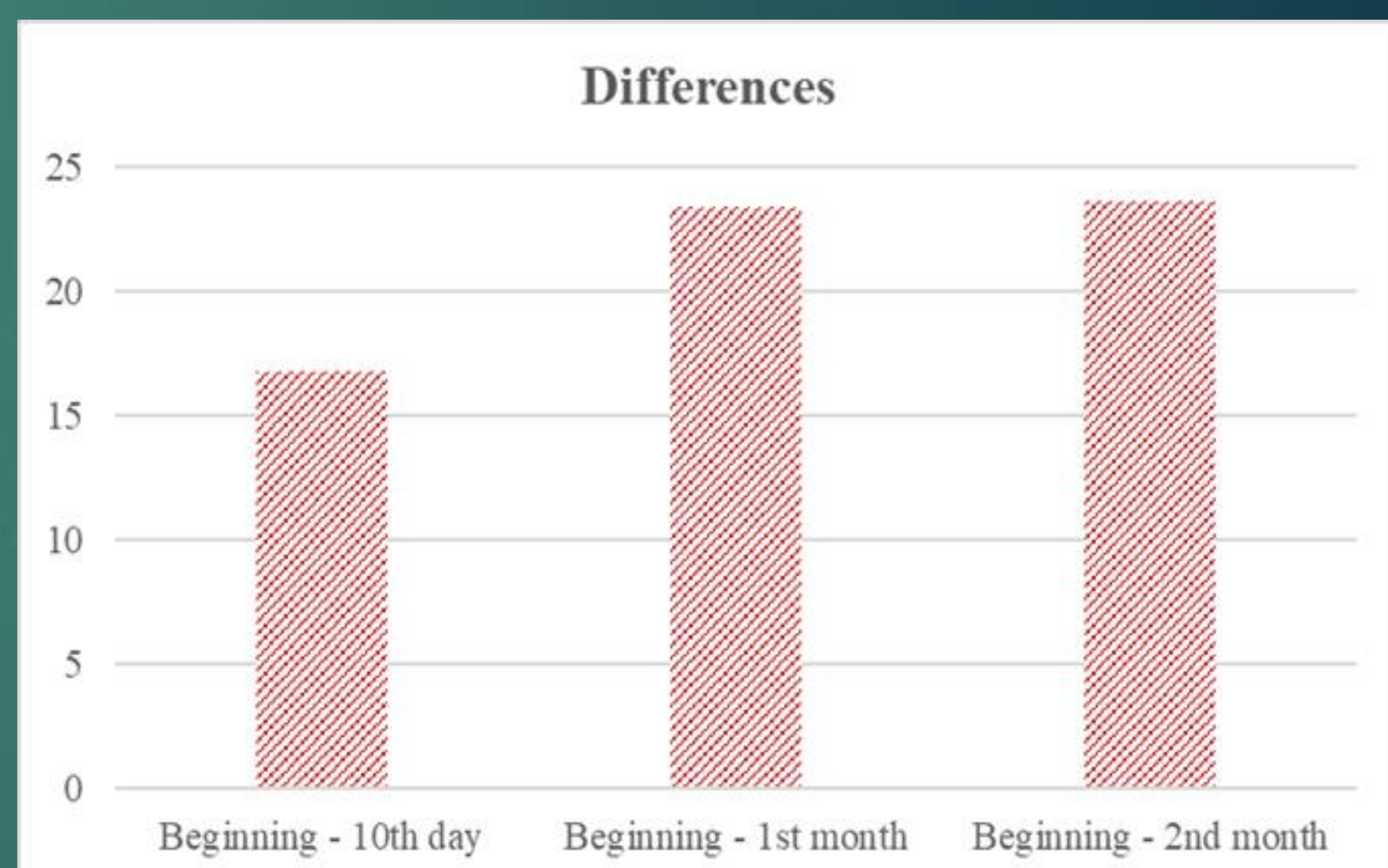


Fig. 4 Graphical representation of differences in changes in total number of FIM

kinesitherapy

motor recovery

functional independence

functional disorders

ischemic stroke