

THE INFLUENCE OF PHYSIOTHERAPY IN GAIT DYNAMICS FOR PATIENTS WITH SUB-ACUTE STROKE

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Introduction and goals: Stroke is one of the most alarming issues that concern people nowadays, because of its evolution and complications. Functional walking is essential because it offers the possibility to act independently,improving the quality of life. Stroke patients exhibit varying deficits with significant effects upon walking ability. Our goal is to emphasize that a "tailor made" physiotherapy improves gait coordination after a stroke.

Material: The study took place between April 2011 and November 2011, within the INRMFB and involved 30 patients with sub-acute stroke.

Method: The patients were evaluated before, 2 weeks after and 2 months after the treatment. The clinical-functional evaluation included joints and muscles testing, balance tests, functional performance tests, gait cycle parameters and a quality of life analyze. The treatment implied electrotherapy, thermotherapy, massage-procedures that have a direct effect on the problems but also prepare the body for the oriented kinetotherapy.

Results: The patients improved their balance and gait parameters, the inter-limb coordination, an improved pattern of walking with a reduced risk of falling.

Conclusions and discussions: A good individualized treatment is always efficient and helps the patient to regain a functional gait. Physiotherapy is essential for the stroke survivors to improve the quality of their lives because it works on their physical, mental, emotional and social health.

Keywords: stroke, gait coordination, oriented strategies, physical treatments.