

The role of postural therapy on patients with poststroke disabilities

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Abstract

Background. Post-stroke disabilities often affect moving ability and self attendance of the patients, leading to severe handicap.

Objectives. Achievement of a prospective, randomized study regarding the efficiency of the physical-kinetics recovery program with emphasis on postural therapy in two groups of patients with stroke sequela; utilization of a clinical-functional assessment and of certain social indices of quality of life, following the evidence-based research model methods. Each group (1-research, 2-control) included 50 patients of both sexes and different age s (median age: 47.52 years-group 1 and 47.43 years group 2) with stroke sequela. Distinction between the two groups achieved after a methodology of recovery therapy-group 1 received a postural therapy as part of the physical-kinetics program. We assessed the pain, sensitivity disorders, physical dysfunctions, cognitive dysfunctions - depression, disabilities (activity of daily living, moving capacity, absenteeism, working capacity), self assessment of a health status, drug consumption, quality of life index, general score.

Results. The pain improved with 30.12% (group 1) vs. 21.26 (group 2); sensitivity disorders improved with 20.23% (group 1) vs. 14.77 (group 2); physical dysfunctions improved with 20.17% (group 1) vs. 13.24% (group 2); depression improved with 26.47% (group 1) vs. 18.57% (group 2); disabilities recorded improvements of 14.40% (group 1) vs. 31.25% (group 2); self perception of the health status improved with 20.71% (group 1) vs. 13.38 (group 2); drugs consumption reduced with 11.79% (group 1) vs. 6.77% (group 2). QOL recorded improvements of 27.38% (group 1) vs. 19.59% (group 2) and general score improved with 27.34% (group 1) vs. 19.55% (group 2).

Conclusions. The results of this study show a higher efficiency for the recovery process that includes an optimized postural therapy methodology for patients with post-stroke disabilities in an increasing quality of life.

Key words: stroke, postural therapy, quality of life.