Role of proprioceptive neuromuscular facilitation in stroke

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Objective: To assess the role of proprioceptive Neuromuscular facilitation (PNF) in Rehabilitation of acute Stroke.

Background: Majority of stroke survivors are left with moderate to severe functional disability. Effective rehabilitation intervention initiated in the early part is known to improve the outcome. However uncertainties exist to about the best rehabilitative method particularly in a resource poor country. PNF is one such method, shown to improve the functional outcome in stroke.

Methods: Proprioceptors were stimulated by rhythmic imitation technique by various principles (upper & lower extremities and the trunk & pelvis for 30 minutes twice daily for 5 days a week) for 2 weeks initially and thereafter every month for six months. The stroke severity and Quality of life scales were assessed at each visit & at 6 months. The differences in the scales at admission and at 6 months were statistically analysed.

Results: Forty six consecutive patients of Stroke [28 males, 17 females; age range 29 to 70 years; ischemic Strokes in 32, hemorrhagic strokes in 13. left hemiparesis in 29 & right hemiparesis in 17] admitted to the Neurology Ward formed the study material. The Mean day of entry to ictus was 6.56 +1.8 days. Average GCS at admission was 14.9, NIHSS score 6.7, modified Rankin scale 3.7 & Barthel index 35.5+29.0, Fugal – Meyer score 152.28 + 46.8, QOL for stroke was 165.0 +41.2. The patients were followed for six months & the last three scales were measured again at 6 months There was a significant improvement in three scales study points to all

Conclusion: Though the number of patients in this ongoing study is small the study points to a definitive role of PNF in patients with stroke.

Biography
A.K.Thacker is working as a Faculty member in Dr. Ram Manohar Lohia Institute of Medical Sciences, India. Research experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests mainly include stroke, rehabilitation.

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