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## The analysis of exercises stabilize the trunk for the co-ordinated movement of the upper limb: The preliminary report

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The motoral co-ordination is the notion which evolves together with the growth of knowledge and development of science in this subject. One of the most current definitions proposed by Starosta is he talk about the motoral co-ordination as the ability of executing quick folded movements exactly and in changing conditions. The aim of the work was the analysis of the movement of the upper limb in relation to the patients stable and unstable trunk after the stroke of brain and also the valuation of practices having the aim on the stability of the trunk. Thirty two patients spending on the department of neurological rehabilitation with the recognition of the stroke at which any functional deficit stepped out in the upper limb took part in the investigation. It was 16 women and 16 men in the group. The meaning of trunk for the co-ordination of the upper limb was estimated on the device Armeo control using three games for estimating hunting perpendicular; hunting horizontal; Time of the reaction and two the authors' tests: wall and abacus. It was observed the essential ( $p=0.015$ ) difference of results in the game estimating the time of the reaction executed before practices, engaging work on the stable trunk and after the period of 10 days of the therapy. Essential steps out statistically the difference of results between first and second investigation executed in the supervisory group for the author's test abacus, for the game hunting perpendicular and the time of the reaction, before and after 10 days of the standard neurological physiotherapy in the supervisory group. It was also observed statistically the essential ( $p=0.040$ ) difference of results between groups in the game hunting perpendicular. Both physiotherapy with the practice of the stability of the trunk and standard physiotherapy improves the prehensile efficiency of the hand. Physiotherapy steered on the strengthener of the trunk has the influence on enlargement of the co-ordination of the upper limb in the range of movements executed in the front plane. The improvement of the co-ordination of the upper limb is the effect of standard neurological physiotherapy in the range of movements executed in the arrow and front plane.

### Biography

Anna Olczak The doctor n. kf. - The expert of motive rehabilitation - the law executes occupation of the physiotherapist of no. 2139 Doctor, the field of the science: about physical culture in the range of motive rehabilitation, year of conferment 2008 r., the title of the doctor's trial: the Effectiveness of physiotherapy leaning on the elements of Metody McKenzie and PNF in the treatment of the disc disease of the lumbar section of the spine. The profile of the scientific property/professional The Military Medical institute\_ Investigative Projects national: 1. No. 45/WIM/2011 the Opinion of the risk of falls at chorych with illnesses urazowo - orthopaedic and neurological. Doctor Ann Olczak, aim as in title, publications, conference reports, the monograph, (Begun - 2011 ended - 2014) 2. No. 46/WIM/2011 the Influence of systemic cryotherapy on with the illnesses of the organ of the movement chorych posturalną stability. the doctor Ann Olczak, aim as in title, publications, conference reports, the monograph, (Begun - 2011, ended- 2014). The professional experience: (beyond the university): -from 1990 to 2006 engaged in The team Care Wholesome in Gostynin- The raven, The department Rehabilitation Illnesses Organ Movement, -from the 01.01.2006 of the year engaged in The clinic Rehabilitation Military Institute of Medical Occupied Positions -from 1996 The deputy Manager Team Rehabilitation about/RSNR -from 1998 to 2006 The manager Team Rehabilitation about/RSNR from 2006 the older assistant in The clinic Rehabilitation WIM Finished courses and trainings: 17.

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