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Physical Therapy Rehabilitation Following Middle Cerebral Artery Stroke: A Case Report

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Abstract

Background: Stroke is one of the major causes of disability and death worldwide. Cerebro-vascular accidents can cause reversible and irreversible damage as a result of deprivation of blood supply to cerebrum. Physical therapy rehabilitation in stroke patients aims to accelerate recovery by treating disabilities and reducing complications. It also helps to regain mobility and function in such patients.

Case description: A 45 years old male with acute middle cerebral artery (MCA) stroke presented with weakness in right half of the body (right side hemiplegic) and difficulty in speaking. He was unable to roll in bed, sit or stand.

Intervention and Outcomes: Patient received physical therapy rehabilitation based on Neuro-developmental training (NDT), Proprioceptive Neuromuscular Facilitation (PNF) along with conventional physiotherapy. Patient was assessed on postural assessment scale for stroke patients (PASS) which comes out to be 15 point. Initially assessment score was zero which significantly improved to 10 points after 20 days of physical therapy with 2 sessions of 60 min each daily.

Conclusion: Treatment through NDT and PNF delivered significant improvement in trunk and limb functions. Patient progresses to sitting without support, without trunk deviation and further managed to stand with minimal support. NDT and PNF are effective techniques in treatment of patient in acute stage of stroke.

Biography

Kavita is a Ph.D. scholar at Maharishi Markandeshwar (Deemed to be University), Mullana, Haryana, India. She has rich experience for 5 years in both fraternity, clinical and academics. In the past, she has taught as a guest faculty and in Mullana University as Assistant Professor. Adding furthermore, she also worked as Senior Physiotherapist in Fortis hospital (Corporate) Mohali. She has presented quality research papers on various platforms. She's an avid researcher and academician.

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