

EDUCACIÓN MULTIDISCIPLINARIA AL

CUIDADO Y REHABILITACIÓN POST-ACV

FISIOTERAPIA EJERCICIOS POST-ACV

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Héroes Contra el ACV



Plan de clase

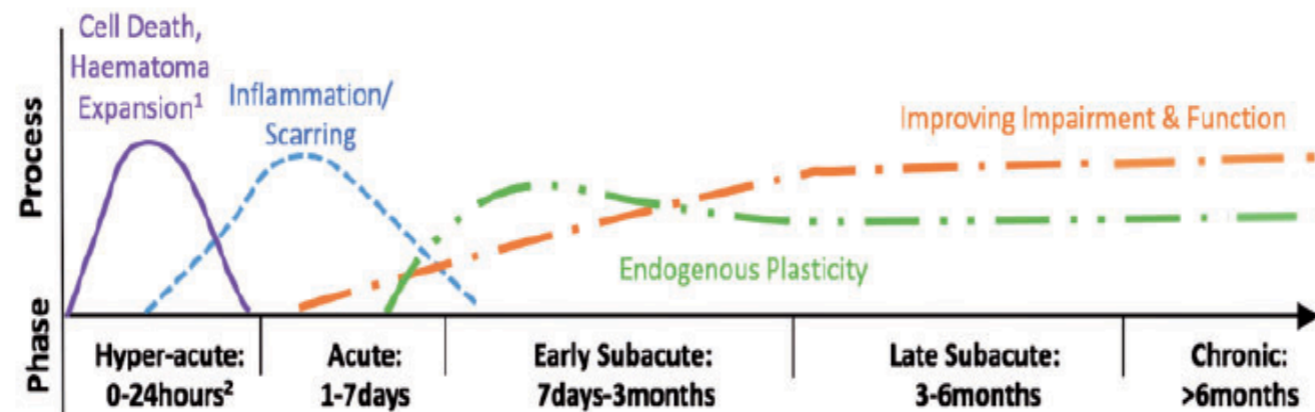
Fisioterapia post-ACV

- Fases de la rehabilitación post ACV;
- ¿Cuándo iniciar tratamiento de fisioterapia post ACV?;
- ¿Cuál es la dosis e intensidad del tratamiento?;
- CIF y fisioterapia post ACV;
- Objetivos del tratamiento de fisioterapia post ACV;
- Consideraciones sobre las intervenciones fisioterapéuticas post ACV.



Fases de la Rehabilitación post ACV

Figure 1. Framework that encapsulates definitions of critical timepoints post stroke that link to the currently known biology of recovery.



¹ Haemorrhagic stroke specific. ² Treatments extend to 24 hours to accommodate options for anterior and posterior circulation, as well as basilar occlusion.

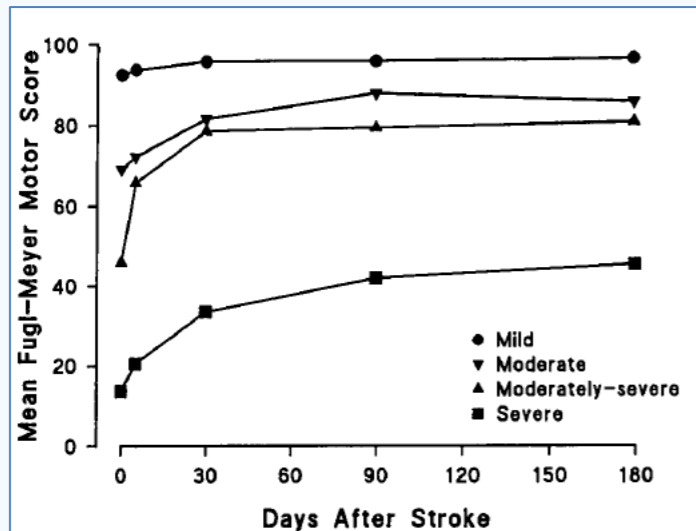
Fonte: Bernhard, International Journal of Stroke. 2017, Vol. 12(5) 444-450



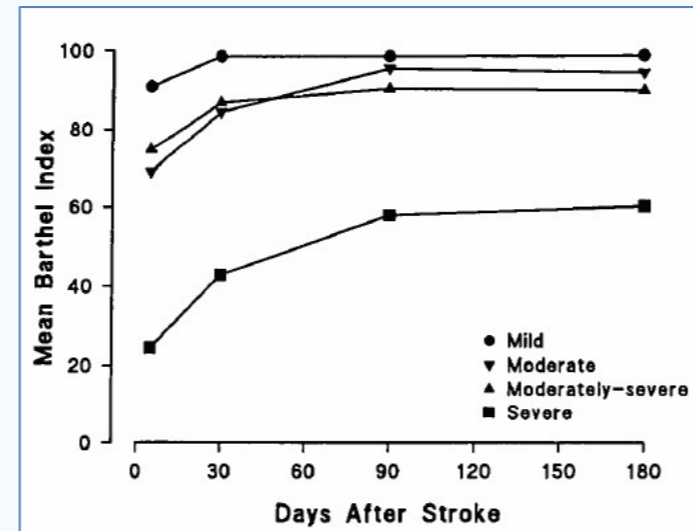
¿Cuándo iniciar el tratamiento de fisioterapia post ACV?



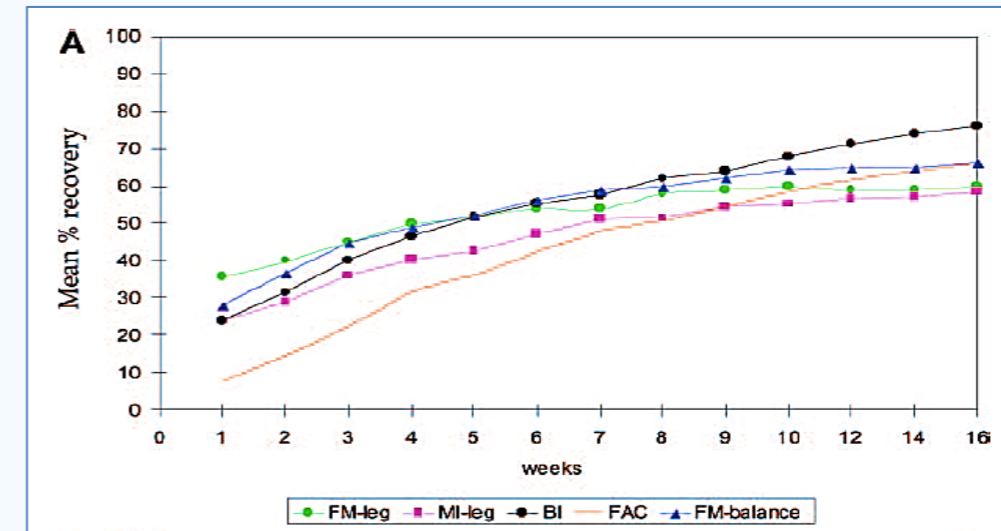
La mejora motora y funcional del MS y MI, alcanza una meseta de recuperación entre 30 y 90 días post ACV.



(DUNCAN, et al. 1992)



(KWAKEEL, et al. 2006)



El inicio del tratamiento de rehabilitación (fisioterapia), dentro de los primeros 30 días post ACV, está asociado a mayores aumentos en la actividad.

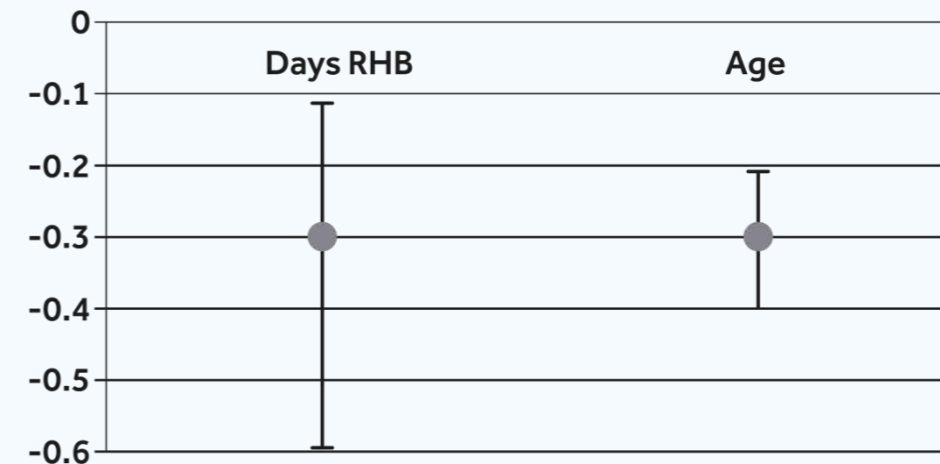
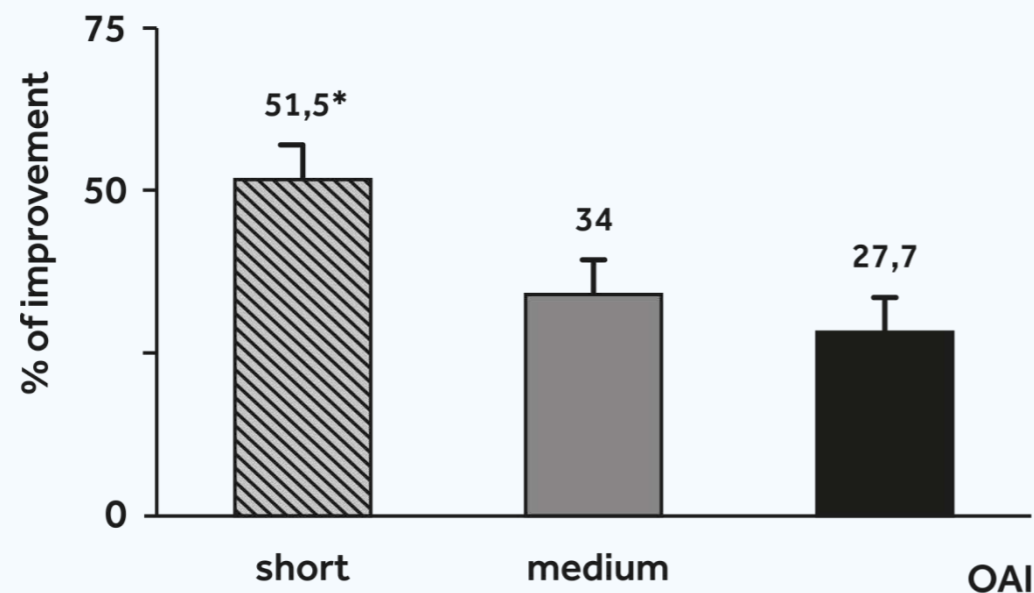


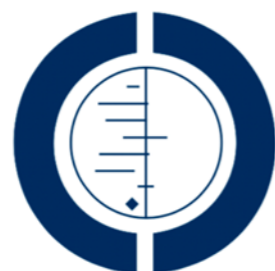
Figure 1 - Loss of FIM (lack of gain in FIM score) per day of delaying neurorehabilitation treatment and per each additional year of life.

Fonte:
 (Paolucci, et al. 2000; Murie-Fernandez, et al. 2011; Pollock, et al. 2014)
 Índice de Barthel (20, 21-40, 41-60 após o AVE)
 (PAOLUCCI, et al. 2000)
 (MURIE FERNANDEZ, et al. 2011)



Physical rehabilitation approaches for the recovery of function and mobility following stroke (Review)

Pollock A, Baer G, Campbell P, Choo PL, Forster A, Morris J, Pomeroy VM, Langhorne P



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Analysis 9.1. Comparison 9 Subgroups. Intervention versus no treatment: immediate outcome: motor function, Outcome 1 Time after stroke.

Review: Physical rehabilitation approaches for the recovery of function and mobility following stroke

Comparison: 9 Subgroups. Intervention versus no treatment: immediate outcome: motor function

Outcome: 1 Time after stroke

Study or subgroup	Intervention		No treatment		Std. Mean Difference IV,Random,95% CI	Weight	Std. Mean Difference IV,Random,95% CI
	N	Mean(SD)	N	Mean(SD)			
I < 30 days post stroke							
Deng 2011	50	55.98 (12.52)	50	40.64 (11.64)	+	3.6 %	1.26 [0.83, 1.69]
Fang 2003	50	19.73 (10.03)	78	18.05 (9.92)	+	3.8 %	0.17 [-0.19, 0.52]
Hu 2007 haem	178	44 (27)	174	32 (24)	+	4.1 %	0.47 [0.26, 0.68]
Hu 2007 isch	485	47 (27)	480	37 (26)	+	4.1 %	0.38 [0.25, 0.50]
Huang 2003	25	72.12 (22.34)	25	49.12 (17.69)	+	3.2 %	1.12 [0.52, 1.72]
Liu 2003	60	6.2 (1.3)	60	3.2 (2.1)	+	3.7 %	1.71 [1.29, 2.13]
Ni 1997	34	26.12 (6.26)	34	17.12 (5.7)	+	3.4 %	1.49 [0.95, 2.03]
Wang 2004a	66	68.15 (20.12)	32	58.69 (19.13)	+	3.7 %	0.47 [0.05, 0.90]
Wu 2006	48	71.48 (23.28)	48	59.6 (26.89)	+	3.7 %	0.47 [0.06, 0.87]
Xu 2003a	94	23 (11)	92	18 (12)	+	3.9 %	0.43 [0.14, 0.72]
Xu 2003b	92	21 (16)	88	18 (12)	+	3.1 %	0.21 [-0.08, 0.50]
Yin 2003a (1)	30	4.19 (4.84)	14	2.43 (5.1)	+	3.1 %	0.35 [-0.29, 0.99]

57.2%
3.9 %
0.21 [-0.08, 0.50]



¿Cuál es la dosis ideal de fisioterapia?

Definición: tiempo total de terapia, medido por el tiempo de práctica por día, multiplicado por el número de días propuestos para la intervención o como la cantidad de práctica de tareas/ejercicios a que el participante es sometido.

Dosagem: tempo x dias/semana



2014

Is More Better? Using Metadata to Explore Dose–Response Relationships in Stroke Rehabilitation

Keith R. Lohse, PhD; Catherine E. Lang, PT, PhD; Lara A. Boyd, PT, PhD

2016

Journal of Physiotherapy xxx (2016) xxx–xxx



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Research

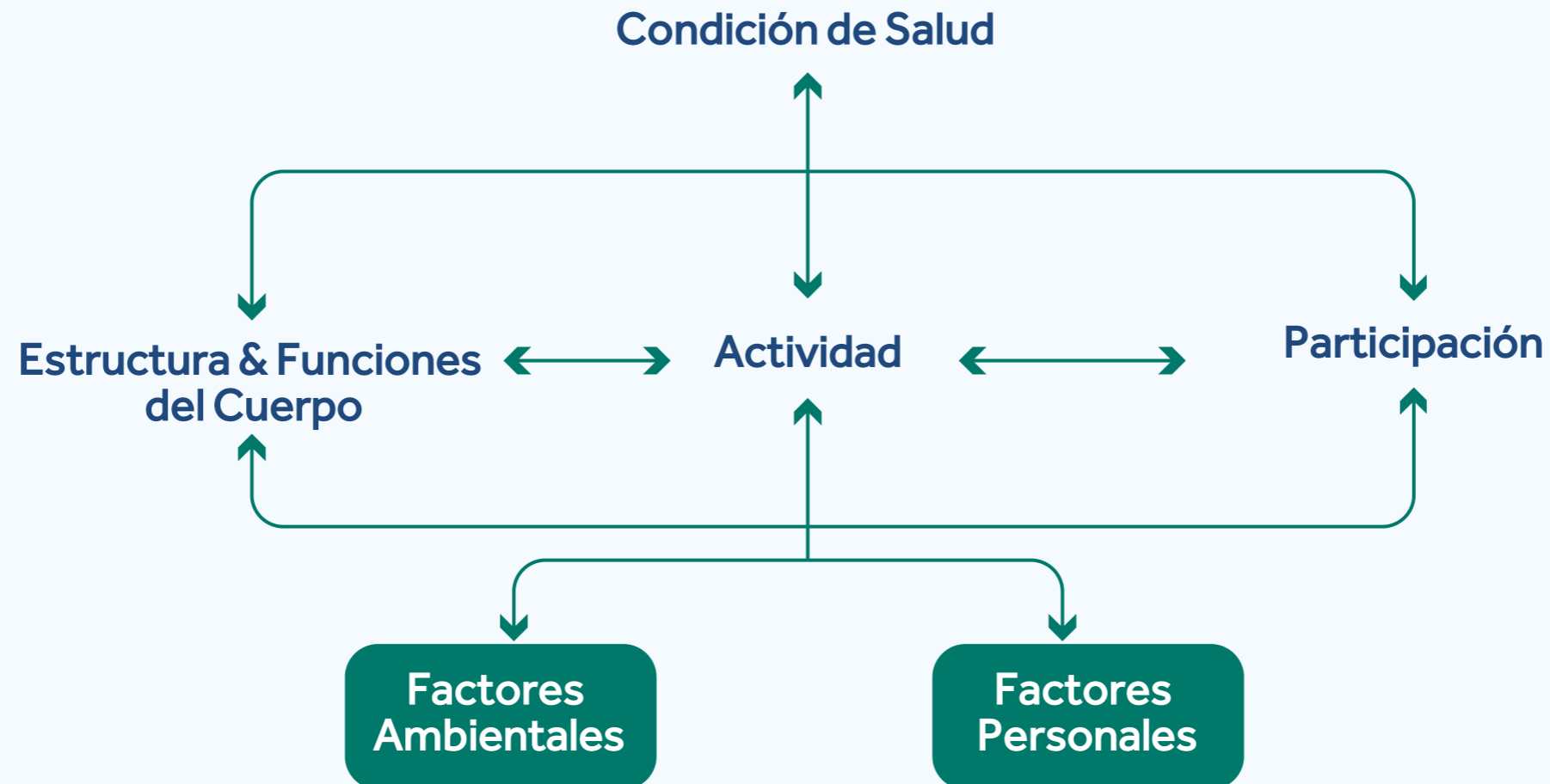
Increasing the amount of usual rehabilitation improves activity after stroke: a systematic review

Emma J Schneider^{a,b}, Natasha A Lannin^{a,b,c}, Louise Ada^d, Julia Schmidt^{a,e}

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Estructura conceptual de la CIF



Modelo interactivo entre persona - medio ambiente



Objetivos do tratamento de fisioterapia pós AVC



¿Cuál es la mejor intervención
fisioterapéutica para el ACV?



¿Cuál es el dominio de la CIF que mi
intervención pretende abordar?



Intervenciones de Fisioterapia en el ACV

Intervenciones dirigidas a modificar comportamientos y no solamente síntomas

Intervenciones dirigidas mucho más al dominio de actividad y Participación de la CIF



EJERCICIOS POST ACV



Ejercicios de fisioterapia post ACV: acostado



Ejercicios de fisioterapia post ACV: sentado



Ejercicios de fisioterapia post ACV: de pie



Ejercicios de fisioterapia post ACV: caminando y subiendo escaleras



Importante:

¡Siempre haga los ejercicios con seguridad!

¡Los ejercicios aquí presentados no sustituyen la evaluación y el acompañamiento de un profesional fisioterapeuta!

Priorice el tratamiento con fisioterapeutas especializados en el área neurofuncional.



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