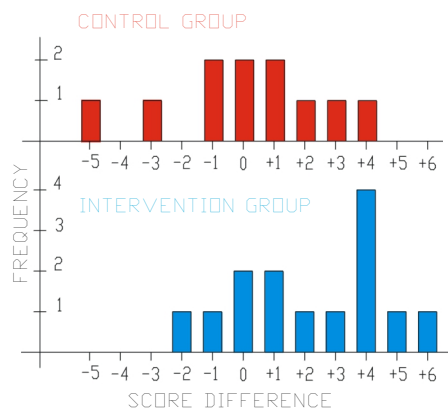


Balance training after a stroke

In an exam assignment at the Århus School of Physiotherapy, two students have investigated the effect of the MEDICOVI-insoles in relation to the rehab-training of the balance of patients after a stroke, by using the Berg's Scale.

A clinically controlled study has been conducted involving a control group (n=11) and an intervention group (n=14), consisting of elderly above the age of 65 years, all with impaired balance and comparable in terms of age, height, weight and baseline score on Berg Balance Scale (BBS). The mean value of the baseline score in the control group was 46.7 and in the intervention group 48.92.



BBS has been selected as the reference system in this test as this system measures static and dynamic balance. It is also an internationally recognised system ensuring that the results are comparable with those of other equivalent studies.

Conclusion

Relating the control group to the intervention group found a change in the score of 2.11 point after a period of three weeks where the BBS scores of both groups had increased. The mean value of the score difference of the control group increased by 0.09 (-1.65-1.83) points and by 2.2 (0.80-3.60) points in the intervention group. The P value of the mean value difference between the two groups is 0.046. Based on a level of significance of $\alpha = 0.05$, the result is statistically significant.

An additional +

In addition to improved balance in the study conducted, interviews with the intervention group show that the MEDICOVI-insole is a potential prevention and health improvement tool among elderly as, according to some participants, the soles gave warm feet and an increased level of activity in the form of more walks. One walked without a walking stick, and one was free from tingling in his legs. The increased number of walks in itself helps prevent inactivity.