

# "Research on Stroke Rehab on Progress in MRC"

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Stroke is a peculiar disease of sudden onset having neurological dysfunction as a result of some vascular phenomenon.

The recovery pattern is more peculiar and does not obey the prescription of either of a vascular doctor or a neurologist, when spontaneous neural recovery occurs with a relatively predictable sequence of stereotype movement events - lower extremity function recovers earliest and most completely followed by upper extremity and hand function, tones usual returns before voluntary movement, Volitional control over the proximal limb before the distal limb, and mass movement (Synergy) patterns before specified isolated coordinated volitional motor function. Moreover, a complex cognitive dysfunction, the aphasic communication disorder, Spasticity, bladder, and bowel dysfunction central pain balance and coordination problems. When recover in a peculiar way, Science cannot explain except taking the view of cortical reorganization namingly neuroplasticity.

The overwhelming records of recovery of such problems in Medical Rehabilitation center in last six months has compelled us to search for other influencing factors in this recovery pattern. We have arranged these factors influencing stroke recovery in a newer way - (A, B, C, D, E, F, G, H, I)

- A- Associated illness
- B- Bilateral brain damage
- C- Contenance (bladder & bowel) - (within 3 days return prognosis good.)  
Consciousness (Less prolonged - higher recovery)
- D- Depression / dementia / dysphasia
- E- Elderly patient
- F- Flaccid paresis more than two months.
- G- Gross perceptual deficit
- H- Home and family care

## I- Initiation of rehabilitation

A total number of 40 stroke patients had entered in the multidisciplinary rehab program for 30 to 300 days duration.

Depending on the time passed after the attack, and all other above factors the rehab outcome was noticed with a different variability of individual results.

Mostly the uncomplicated and recent cases had very good outcome. The details of the data will be published in the next issue after getting a one year result.