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**Proprioception and developmental motor training: A new treatment for chronic-phase stroke patients**

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Stroke is the primary cause and long-term disability in the world which is increasing in prevalence. It is however, one of the most ignored when it comes to long-term care. Stroke patients need help far beyond the completion of physical and occupational therapy. This novel protocol is designed to guide exercise specialists in caring for, treating and improving the functionality of stroke patients post physical or occupational therapy. This protocol is designed for use in any standard exercise facility, without the need of medical equipment. The protocol treats stroke patients not as injured adults, but as uninjured children. For example, it takes a child years to learn proper gait. It is unrealistic to expect identical movements and will be relearned in weeks. During post-stroke physical training, intact cortical circuits have been shown to sprout between the premotor cortex and the somatosensory cortex. Intact cortical circuits are reorganized both spontaneously and via training. This protocol suggests participants are not re-learning movements in the way therapists commonly describe, but are learning a new basic movements and actions much in the way a child learns new movements. The goal is to create a cadre of professionals who can work with these patients and their families without the expense of formal medical attention in a hospital or other outpatient setting. This protocol uses the same techniques designed for developmental motor training, exercise training and basic health and wellness training, with a focus on proprioception. This protocol was shown effective through case studies and a validation study.

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