

Influence of Gender on Training Symmetrical Weight Bearing Stance with Sit to Stand Activity in Hemiplegics

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Abstract

Background: After stroke the limb loading ability in the affected extremity becomes very poor or nil in early stages and later it results in learned non-use and Falls during transfers. Approximately 37.2% of falls among stroke patients occurred during transfers of while they were changing positions from sitting to Standing or vice versa. After 3 months Post stroke women were more dependent on ADLs and Increased disability. There are very few training strategies used to train symmetrical loading like weight shifting exercises, task specific exercises, reaching activities, sit to stand training etc. But these training strategies have not explored the gender influence.

Aim: To study the gender influence on gaining symmetrical weight bearing stance with sit to stand activity.

Methodology: This study is done at Raghav Physiotherapy and Advanced Rehabilitation Centre with 20 Samples. Participants randomly allocated into Group A (10 Males) and Group B (10 Females) Sit to Stand Training given for 20 minutes/five days per week of 2 week's period along with regular physiotherapy sessions. Force Platforms were used to measure the weight distribution in lower extremities before and after training sessions.

Results: Both Groups shown statistically significant improvement and Group A showed more significant improvement

Conclusion: Both Male and Female Hemiplegics improved and Male Hemiplegics improved more significantly.

Clinical Implication: This study emphasizes to utilize variety of strategies in improving motor skills especially among female hemiplegics to achieve significant difference in functionality, learning and activities of daily living.

Keywords: Balance; Caregiver Mediated Exercise Program Parkinson's disease; Quality of life