

Effectiveness of Neurobic Exercises on Cognitive Function among Ischemic Stroke Patients

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Abstract

Background/Introduction: Stroke is defined as a condition characterized by rapidly developing symptoms and signs of a focal brain lesion with symptoms lasting for more than 24 hours or leading to death with no apparent cause other than vascular origin. (WHO, 2006) Cognitive impairment and Memory loss are common after Stroke. Stroke affects the cognitive domain which includes attention, memory, language and Orientation. It includes problems like planning organizing difficulty in following direction, feeling of slowness or confusion, trouble in concentrating associated with memory, loss of apathy and depression, difficulty in spatial awareness. Neurobic exercise program for brain include various exercises with combination of physical senses. Cognitive therapy exercise leads to improve loss of perceptual attention and decreases loss of reduction in motor control. This program for brain with non-routine or unexpected experiences using various combination of physical senses.

Objective: To find out effect of Neurobic exercises on cognitive function among Ischemic Stroke Patients.

Methodology: The study was conducted Department of Physiotherapy MATHA Hospital Tellakom. Total 50 patients in between age group 55 to 75 years individual who having ischemic Stroke. This Study was performed with Randomized control trial. The participants were explained their role in the study and written consent was taken from the patient. The ACE III (Addenbrooke's Cognitive Examination) assessment scale and MMSE (Mini Mental State Examination) were explained to patient and the score take.

Result: ACE and MMSE showed significant p value (<0.005) within the experimental group post Intervention. The P value significance both within and in between group. Statistical analysis done by using descriptive and inferential statistic using student's paired and unpaired 't' test and SPSS 24.0 version used for analysis and Graph pad prism 7.0 version and $p < 0.05$ as level of significance.

Conclusion: Stroke patients who received Neurobic Exercise along with conventional physical therapy showed a statistically significant improvement in cognition. Neurobics exercises effective to improve cognitive function in Ischemic Stroke patients.

Keywords: ACE III; Cognition; Neurobic Exercise