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基于Bobath理念的步行训练在恢复期脑卒中患者中的应用 [点此下载全文](#)

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摘要:

摘要目的: 观察基于Bobath理念的步行训练对恢复期脑卒中患者的步行功能的疗效。**方法:** 80例具有步行功能障碍的脑卒中恢复期患者随机分为Bobath组(n=40), 对照组(n=40)。Bobath组接受一套基于Bobath理念理论框架下的步态训练法。对照组接受常规的步行训练。两组患者步行训练时间均为30min/d, 5d/周, 持续4周, 其余康复治疗如作业疗法、物理因子治疗等两组均相同。两组患者分别于治疗前、治疗后及出院后3周予以FMA下肢(FMA-LE)运动功能评定、Berg平衡量表(BBS)进行评定, 同时选用足印步态分析法测量患者的步行参数变化。结果: 两组患者治疗后FMA-LE和BBS的评分均较治疗前提高, 步行参数(平均步长、步宽及步速)得到改善, 治疗前、后各量表的评分差异具有显著性(P<0.05); 与对照组相比, Bobath组患者在各量表评分提高幅度更大(P<0.05)。两组患者在出院后3周再次评定时, 组内比较各量表评分均较治疗后有所提高, 但Bobath组内评分比较具有显著性(P<0.05), 对照组内比较无显著性(P>0.05)。结论: 对于步行功能障碍的脑卒中患者, 采用基于Bobath理念的步行训练法可以更好的改善其步行功能, 并且疗效具有持续性。

关键词: [Bobath理念](#) [脑卒中](#) [核心稳定性](#) [中枢模式发生器](#)

Application of gait training based on Bobath concept framework in rehabilitation of stroke patients in convalescent phase [Download Fulltext](#)

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Abstract:

Abstract Objective: To observe the effects of gait training based on Bobath concept framework intervening on walking capability of stroke patients in convalescent phase. **Method:** Eighty subjects participated in this randomized single-blind study. Subjects in Bobath group (n=40) practiced with gait training based on Bobath concept framework, and control group (n=40) performed conventional gait training. Program of gait training for both groups were 30 min per day, 5d per week for 4 weeks. Meanwhile, the other rehabilitation therapy programs (occupational therapy, physical modalities therapy) were the same for both group. Fugl-Meyer assessment of lower extremity (FMA-LE), Berg balance scale(BBS), and foot-print analysis were used as outcome measure pre-training, post-training and discharging from hospital after 3 weeks by two appointed raters. **Result:** Compared with pre-training, both groups had significant improvement on FMA-LE (P<0.05), BBS (P<0.05), and foot-print analysis (step length, stride width, walking velocity) (P<0.05). Compared with control group, gait training underlying Bobath concept framework group had significantly greater improvement on FMA-LE (P<0.05), BBS (P<0.05), and foot-print analysis (P<0.05). In addition, after discharging from hospital 3 weeks, there were also significant improvements in each scales of patients in Bobath group (P<0.05), and less improvement in control group (P>0.05). **Conclusion:** Gait training based on Bobath concept may be more advantageous for improving walking ability of stroke patients in convalescent phase, and the therapy effects may last much longer.

Keywords: [Bobath concept](#) [stroke](#) [core stability](#) [central pattern generator](#)

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