E-Poster

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Influence of Physical Activity Level on the Gait Function of Individuals With Post-Stroke Spastic Hemiparesia

Topic: Miscellaneous

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BACKGROUND

Stroke is one of the main causes of disability and due to motor deficits, the affected population stops performing daily tasks. Therefore, there is a reduction in activity levels, which makes them spend most of their time performing less complex motor tasks and with reduced energy expenditure, leading them to a sedentary lifestyle. To correlate level of physical activity with gait speed and consider the existence of a correlation between sitting time and the influence on the increased risk of falls in individuals with spastic hemiparesis attending a Physical Rehabilitation Center.

METHODS

Prospective descriptive and cross-sectional study, carried out with a convenience sample of 25 participants diagnosed with stroke, over six months after injury, aged ≥ 18 years, undergoing treatment at a Physical Rehabilitation Center in the city of Santos-SP. Participants signed the Free and Informed Consent Form, after approval by the Ethics and Research Committee (6.620.104). In the assessment, personal, sociodemographic data and instruments were collected that cover domains of activity and participation related to the International Classification of Functioning: 10-meter Walk Test (10m TC), Timed Up and Go (TUG) and International Physical Activity Questionnaire – short version (IPAQ). The data were previously evaluated to verify their normality using the corresponding Shapiro-Wilk test. Then, the variables were correlated in a matrix using the Spearman test for non-normal data. A significance level of < 0.05 was adopted.

RESULTS

Fifty-two percent of participants are female and 48% male, with a mean age of 54.3 ± 15.4 years. When correlating the median time that participants remained seated during a day 8h [3-17] with the TUG 23.4s [6.67-103], a strong positive degree of correlation was noted (Spearman's rho=0.705), suggesting that the longer participants remained seated, the higher their fall risk classification. Another correlation found, this time of a moderate nature (Spearman's rho = -0.616) of the variables studied was between the IPAQ 3 points [1-4] and the TC10m 0.4m/s [0.06-1.5], considering a negative correlation, the greater the degree of sedentary lifestyle, the lower the gait speed of the studied population.

CONCLUSION

The varying degrees of correlation found in this study point to strong to moderate links between the quantitative and qualitative aspects of gait, elucidating greater impairment in the functional mobility of individuals who are not very active and/or sedentary.

Statement of Disclosures

None

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