EDUCAÇÃO MULTIDISCIPLINAR AO

CUIDADO

E À REABILITAÇÃO

PÓS-AVC

FISIOTERAPIA

EXERCÍCIOS PÓS-AVC

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Herois Contra o AVC

Associação Brasil AVC

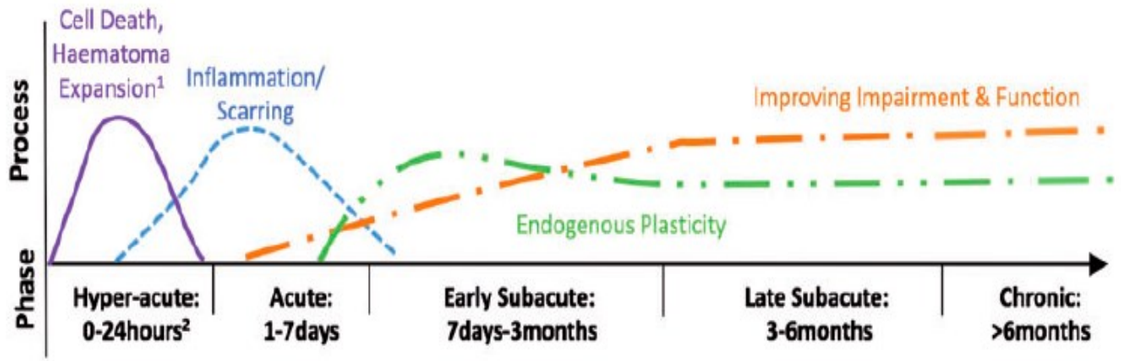
Plano de aula

Fisioterapia pós AVC

- Fases da reabilitação pós AVC;
- Quando iniciar tratamento de fisioterapia pós AVC?;
- Qual a dosagem e intensidade do tratamento?;
- CIF e fisioterapia pós AVC;
- Objetivos do tratamento de fisioterapia pós AVC;
- Considerações sobre as intervenções fisioterapêuticas pós AVC.

Fases da Reabilitação pós AVC

Figure 1. Framework that encapsulates definitions of critical timepoints post stroke that link to the currently known biology of recovery.

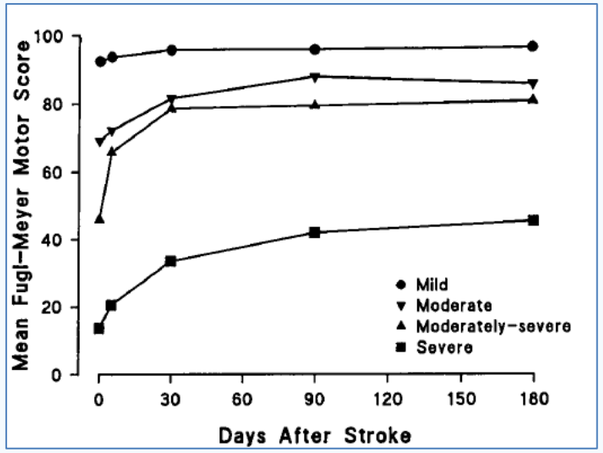


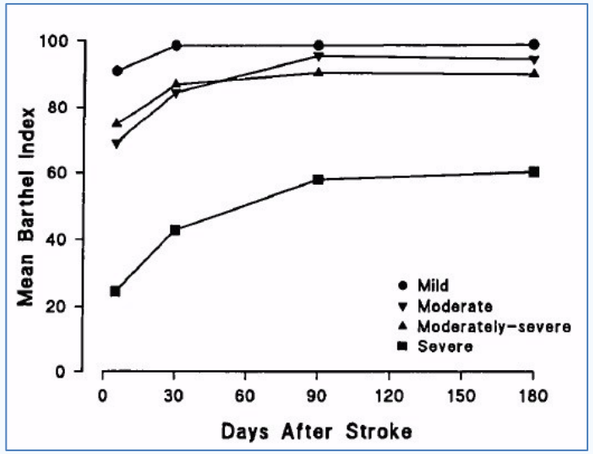
[1] Haemorrhagic stroke specific. [2] Treatments extend to 24 hours to accommodate options for anterior and posterior circulation, as well as basilar occlusion.

Fonte: Bernhard,International Journal of Stroke. 2017, Vol. 12(5) 444–450

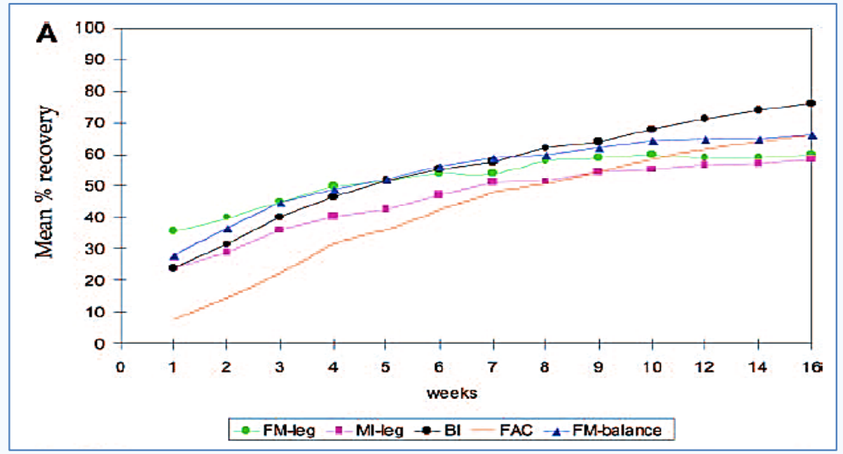
Quando iniciar o tratamento de fisioterapia pós AVC?

A melhora motora e funcional do MS e MI, atinge um platô de recuperação entre 30 e 90 dias pós AVC.



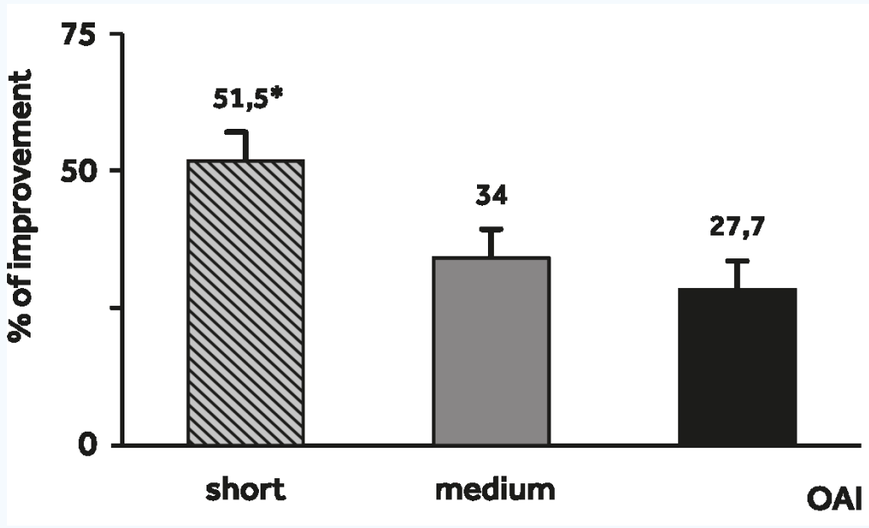


(DUNCAN, et al. 1992)



(KWAKEEL, et al. 2006)

O início do tratamento de reabilitação (fisioterapia), dentro dos primeiros 30 dias pós AVC, está associado a maiores ganhos na atividade.



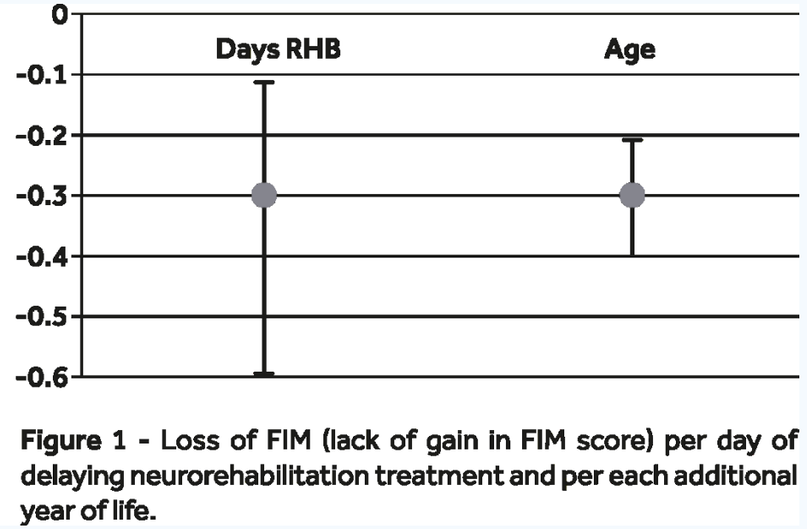


Figure 1 - Loss of FIM (lack of gain in FIM score) per day of delaying neurorehabilitation treatment and per each additional year of life.

Fonte:
(Paolucci, et al. 2000; Murie-Fernandez, et al. 2011; Pollock, et al. 2014)
Indice de Barthel (20, 21-40, 41-60 após o AVE)
(PAOLUCCI, et al. 2000)
(MURIE FERNANDEZ, et al. 2011)

Physical rehabilitation approaches for the recovery of function and mobility following stroke (Review)

Pollock A, Baer G, Campbell P, Choo PL, Forster A, Morris J, Pomeroy VM, Langhorne P

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Analysis 9.1. Comparison 9 Subgroups. Intervention versus no treatment: immediate outcome: motor function, Outcome 1 Time after stroke.

Review: Physical rehabilitation approaches for the recovery of function and mobility following stroke

Comparison: 9 Subgroups. Intervention versus no treatment: immediate outcome: motor function

Outcome: 1 Time after stroke

Study or subgroup	Intervention N	Mean(SD)	No treatment N	Mean(SD)	Std. Mean Difference IV,Random,95% CI	Weight	Std. Mean Difference IV,Random,95% CI
1 < 30 days post stroke							
Deng 2011	50	55.98 (12.52)	50	40.64 (11.64)		3.6 %	1.26 [0.83, 1.69]
Fang 2003	50	19.73 (10.03)	78	18.05 (9.92)		3.8 %	0.17 [-0.19, 0.52]
Hu 2007 haem	178	44 (27)	174	32 (24)		4.1 %	0.47 [0.26, 0.68]
Hu 2007 isch	485	47 (27)	480	37 (26)		4.1 %	0.38 [0.25, 0.50]
Huang 2003	25	72.12 (22.34)	25	49.12 (17.69)		3.2 %	1.12 [0.52, 1.72]
Liu 2003	60	6.2 (1.3)	60	3.2 (2.1)		3.7 %	1.71 [1.29, 2.13]
Ni 1997	34	26.12 (6.26)	34	17.12 (5.7)		3.4 %	1.49 [0.95, 2.03]
Wang 2004a	66	68.15 (20.12)	32	58.69 (19.13)		3.7 %	0.47 [0.05, 0.90]
Wu 2006	48	71.48 (23.28)	48	59.6 (26.89)		3.7 %	0.47 [0.06, 0.87]
Xu 2003a	94	23 (11)	92	18 (12)		3.9 %	0.43 [0.14, 0.72]
Xu 2003b	92	21 (16)	88	18 (12)		3.9 %	0.21 [-0.08, 0.50]
Yin 2003a (1)	30	4.19 (4.84)	14	2.43 (5.1)		3.1 %	0.35 [-0.29, 0.99]

57.2%

Qual a dosagem ideal de fisioterapia?

Definição: tempo total de terapia, medido pelo tempo de prática por dia, multiplicado pelo número de dias propostos para a intervenção ou como a quantidade de prática de tarefas/exercícios que o participante é submetido.

Dosagem: tempo x dias/semana

(KWAKKEL, 2006; LOHSE; LANG, BOYD, 2014; POLLOCK et al., 2014c).

2014

Is More Better? Using Metadata to Explore Dose–Response Relationships in Stroke Rehabilitation

Keith R. Lohse, PhD; Catherine E. Lang, PT, PhD; Lara A. Boyd, PT, PhD

2016

Journal of Physiotherapy xxx (2016) xxx–xxx

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Research

Increasing the amount of usual rehabilitation improves activity after stroke: a systematic review

Emma J Schneider [a,b], Natasha A Lannin [a,b,c], Louise Ada [d], Julia Schmidt [a,e]

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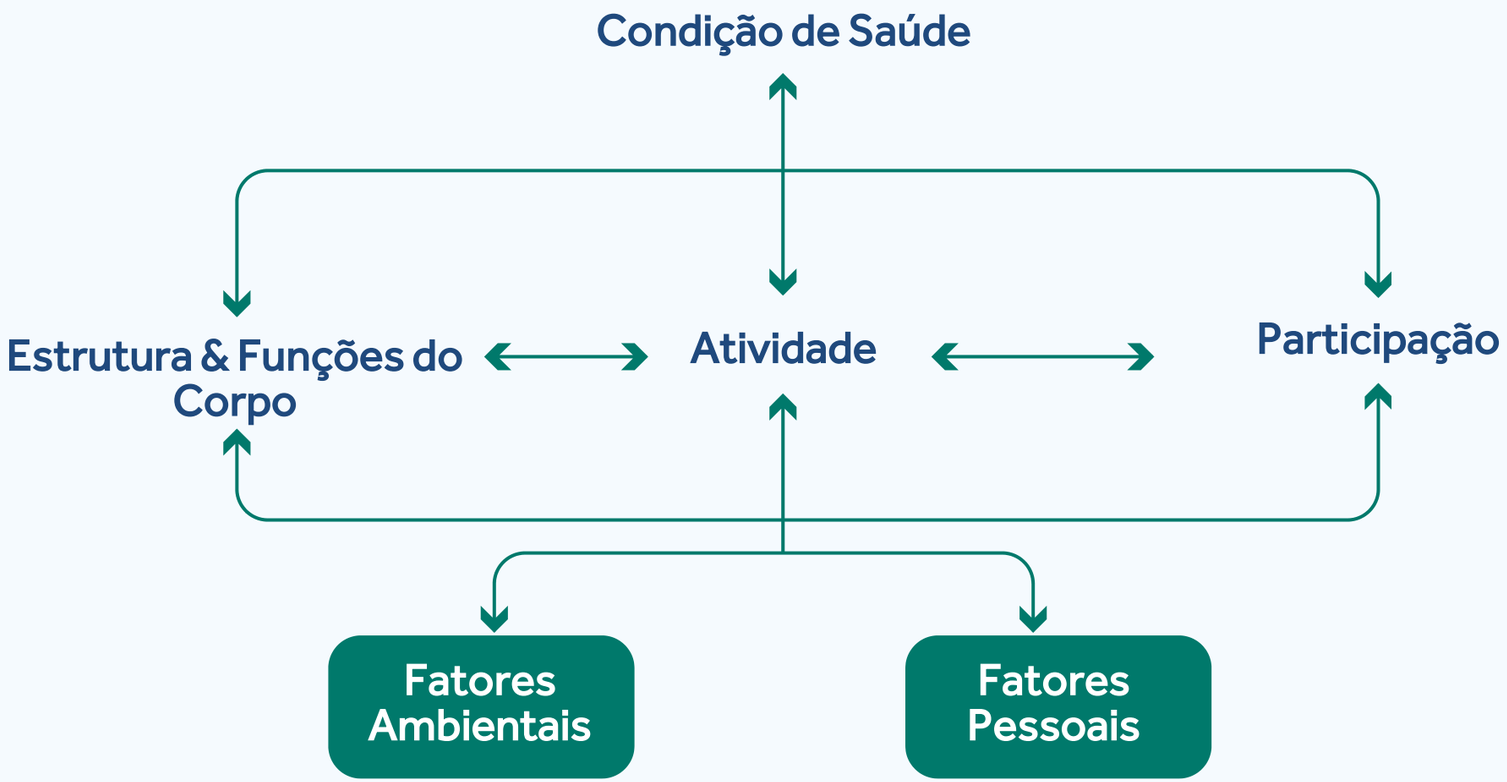
Estrutura conceitual da CIF



Modelo interativo entre pessoa - meio ambiente

Objetivos do tratamento de fisioterapia pós AVC

Qual a melhor intervenção fisioterapêutica para o AVC?

Qual o domínio da CIF que minha intervenção pretende abordar?

Intervenções de Fisioterapia no AVC

Intervenções direcionadas a modificar comportamentos e não somente sintomas

Intervenções direcionadas muito mais ao domínio de Atividade e Participação da CIF

EXERCÍCIOS PÓS-AVC

Exercícios de fisioterapia pós AVC: deitado

Exercícios de fisioterapia pós AVC: sentado

Exercícios de fisioterapia pós AVC: em pé

Exercícios de fisioterapia pós AVC: caminhando e subindo escadas

Importante:

Sempre faça os exercícios em segurança!

Os exercícios aqui apresentados não substituem a avaliação e o acompanhamento de um profissional fisioterapeuta!

Priorize o tratamento com fisioterapeutas especializados na área neurofuncional!

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