



ASSOCIATION OF LOWER LIMB MUSCLE STRENGTH ASSESSED BY MOTRICITY INDEX WITH BALANCE IN CHRONIC STROKE PATIENTS.

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ABSTRACT

Balance problems are a common occurrence after stroke, and have been related to poor recovery of activities of daily living (ADL) and an increased risk of fall.^[1] Weakness in muscles is a dominant impairment after stroke, leading to activity limitations and participation restrictions. There are several accepted methods of quantifying this weakness. Motricity Index is one of these methods and has been used in numerous research studies.^[2, 3] 60 chronic stroke participants from various OPDs in Surat, Gujarat were included in the study. Assessment of lower limb muscle strength was done using Motricity Index^[4] and balance was assessed using Berg Balance Scale.^[5] Spearman rank correlation was used to find out the strength of association. Correlation coefficient for hip score ($\rho=0.498$), knee score ($\rho=0.614$), ankle score ($\rho=0.646$) and total score ($\rho=0.726$) were found to be significant i.e. p value <0.01 . It can be interpreted from the results that Motricity Index has strong correlation with BBS score and ankle dorsiflexors strength has the maximum strength of association with balance function.

Keywords: Stroke, Motricity Index, Berg Balance Scale, Balance

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