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After a stroke many persons have impaired balance that may limit their everyday activities. They can have with asymmetrical posture and restricted walking balance. This thesis presents different physiotherapeutic perspectives on balance after stroke, in terms of exercises, experiences and measurements, using both quantitative and qualitative approaches.

In a randomized controlled study effect and experiences of an intervention of 8 weeks of Body Awareness Therapy were investigated. There was no significant differences between the groups. The body awareness therapy was described as simple yet challenging. Simple; since everyone was able to participate, regardless of functional status. Challenging; as in facing limitations when performing the balance movements. Standardized measures are required to evaluate and follow the course of balance performance after stroke. A measure called the Six Spot Step Test, assessing the ability to take load on each leg while walking, was investigated and found to be a possible instrument for persons who had a stroke. By interviewing persons who have had a stroke, experiences of balance in everyday life were also described; as a continuous challenge, but by contrast the persons still managed their everyday life.

To get a more comprehensive understanding of balance both subjective and objective measures are recommended. Clinical tests of balance assess different components of balance ability and standardized tests are required to evaluate and follow the course of balance performance in stroke. Experiences can also be of use when evaluating balance in everyday life.

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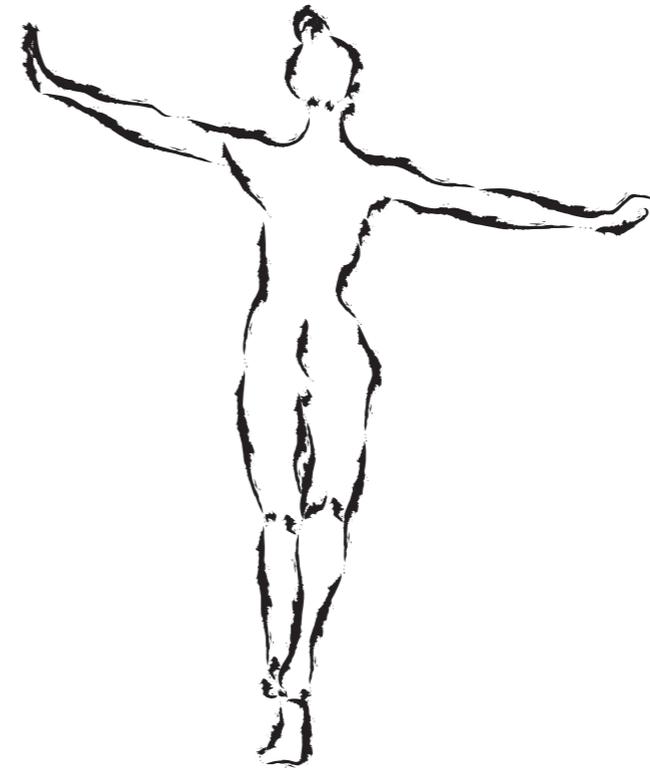


Doctoral Dissertation

## Physiotherapeutic perspectives on balance control after stroke exercises, experiences and measures

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*Medical Science with specialisation in Healthcare Sciences*



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