

## Referanser til E01 – Myter og sannheter

### Observasjonsstudier

Jette DU, Latham NK, Smout RJ, et al. Physical therapy interventions for patients with stroke in inpatient rehabilitation facilities. *Phys Ther* 2005; 85: 238-248.

<https://pubmed.ncbi.nlm.nih.gov/15733048/>

Lang CE, MacDonald JR and Gnip C. Counting repetitions: an observational study of outpatient therapy for people with hemiparesis post-stroke. *J Neurol Phys Ther* 2007; 31: 3-10. DOI: <https://doi.org/10.1097/01.npt.0000260568.31746.34>.

Lang CE, Macdonald JR, Reisman DS, et al. Observation of amounts of movement practice provided during stroke rehabilitation. *Arch Phys Med Rehabil* 2009; 90: 1692-1698. DOI: <https://doi.org/10.1016/j.apmr.2009.04.005>.

Kimberley TJ, Samargia S, Moore LG, et al. Comparison of amounts and types of practice during rehabilitation for traumatic brain injury and stroke. *J Rehabil Res Dev* 2010; 47: 851-862. DOI: <https://doi.org/10.1682/jrrd.2010.02.0019>.

Rand D, Eng JJ, Tang PF, et al. How active are people with stroke?: use of accelerometers to assess physical activity. *Stroke* 2009; 40: 163-168. 20081023. DOI: <https://doi.org/10.1161/strokeaha.108.523621>.

Zbogar D, Eng JJ, Miller WC, et al. Physical activity outside of structured therapy during inpatient spinal cord injury rehabilitation. *J Neuroeng Rehabil* 2016; 13: 99-99. DOI: <https://doi.org/10.1186/s12984-016-0208-8>.

Zbogar D, Eng JJ, Miller WC, et al. Movement repetitions in physical and occupational therapy during spinal cord injury rehabilitation. *Spinal Cord* 2017; 55: 172-179. 20161018. DOI: <https://doi.org/10.1038/sc.2016.129>.

### Behandlingseffekt

Chen LW, Glinsky JV, Islam MS, et al. The effects of 10,000 voluntary contractions over 8 weeks on the strength of very weak muscles in people with spinal cord injury: a randomised controlled trial. *Spinal Cord* 2020; 58: 857-864. 20200221. DOI: <https://doi.org/10.1038/s41393-020-0439-1>.

Díaz-Arribas MJ, Martín-Casas P, Cano-de-la-Cuerda R, et al. Effectiveness of the Bobath concept in the treatment of stroke: a systematic review. *Disabil Rehabil* 2020; 42: 1636-1649. 20190424. DOI: <https://doi.org/10.1080/09638288.2019.1590865>.

Kollen BJ, Lennon S, Lyons B, et al. The effectiveness of the Bobath concept in stroke rehabilitation: what is the evidence? *Stroke* 2009; 40: e89-97. 20090129. DOI: <https://doi.org/10.1161/strokeaha.108.533828>.

Lang CE, Strube MJ, Bland MD, et al. Dose response of task-specific upper limb training in people at least 6 months poststroke: A phase II, single-blind, randomized, controlled trial. *Ann Neurol* 2016; 80: 342-354. 20160816. DOI: <https://doi.org/10.1002/ana.24734>.

Scrivener K, Dorsch S, McCluskey A, et al. Bobath therapy is inferior to task-specific training and not superior to other interventions in improving lower limb activities after stroke: a systematic review. *J Physiother* 2020; 66: 225-235. 20201014. DOI: <https://doi.org/10.1016/j.jphys.2020.09.008>.

Smith MC, Ackerley SJ, Barber PA, et al. PREP2 Algorithm Predictions Are Correct at 2 Years Poststroke for Most Patients. *Neurorehabil Neural Repair* 2019; 33: 635-642. 20190703. DOI: <https://doi.org/10.1177/1545968319860481>.

Stinear CM, Byblow WD, Ackerley SJ, et al. PREP2: A biomarker-based algorithm for predicting upper limb function after stroke. *Ann Clin Transl Neurol* 2017; 4: 811-820. 20171024. DOI: <https://doi.org/10.1002/acn3.488>.

Waddell KJ, Strube MJ, Bailey RR, et al. Does Task-Specific Training Improve Upper Limb Performance in Daily Life Poststroke? *Neurorehabil Neural Repair* 2017; 31: 290-300. 20161213. DOI: <https://doi.org/10.1177/1545968316680493>.

Winstein CJ, Wolf SL, Dromerick AW, et al. Effect of a Task-Oriented Rehabilitation Program on Upper Extremity Recovery Following Motor Stroke: The ICARE Randomized Clinical Trial. *Jama* 2016; 315: 571-581. DOI: <https://doi.org/10.1001/jama.2016.0276>.

## Bevegelseskvalitet

Behrman AL and Harkema SJ. Locomotor training after human spinal cord injury: a series of case studies. *Phys Ther* 2000; 80: 688-700. <https://pubmed.ncbi.nlm.nih.gov/10869131/>

Helm EE and Reisman DS. The Split-Belt Walking Paradigm: Exploring Motor Learning and Spatiotemporal Asymmetry Poststroke. *Phys Med Rehabil Clin N Am* 2015; 26: 703-713. 20150926. DOI: <https://doi.org/10.1016/j.pmr.2015.06.010>.

Hornby TG, Campbell DD, Kahn JH, et al. Enhanced gait-related improvements after therapist-versus robotic-assisted locomotor training in subjects with chronic stroke: a randomized controlled study. *Stroke* 2008; 39: 1786-1792. 20080508. DOI: <https://doi.org/10.1161/strokeaha.107.504779>.

Lewek MD, Cruz TH, Moore JL, et al. Allowing intralimb kinematic variability during locomotor training poststroke improves kinematic consistency: a subgroup analysis from a randomized clinical trial. *Phys Ther* 2009; 89: 829-839. 20090611. DOI: <https://doi.org/10.2522/ptj.20080180>.

Reisman DS, McLean H, Keller J, et al. Repeated split-belt treadmill training improves poststroke step length asymmetry. *Neurorehabil Neural Repair* 2013; 27: 460-468. 20130207. DOI: <https://doi.org/10.1177/1545968312474118>.

Reisman DS, Wityk R, Silver K, et al. Locomotor adaptation on a split-belt treadmill can improve walking symmetry post-stroke. *Brain* 2007; 130: 1861-1872. 20070402. DOI: <https://doi.org/10.1093/brain/awm035>.

Yagura H, Hatakenaka M and Miyai I. Does therapeutic facilitation add to locomotor outcome of body weight-supported treadmill training in nonambulatory patients with stroke? A randomized controlled trial. *Arch Phys Med Rehabil* 2006; 87: 529-535. DOI: <https://doi.org/10.1016/j.apmr.2005.11.035>.

## Nevroplastisitet

Kleim JA and Jones TA. Principles of experience-dependent neural plasticity: implications for rehabilitation after brain damage. *J Speech Lang Hear Res* 2008; 51: S225-239. 2008/01/31. DOI: [https://doi.org/10.1044/1092-4388\(2008/018\)](https://doi.org/10.1044/1092-4388(2008/018)).

Hornby TG, Straube DS, Kinnaird CR, et al. Importance of specificity, amount, and intensity of locomotor training to improve ambulatory function in patients poststroke. *Top Stroke Rehabil* 2011; 18: 293-307. DOI: <https://doi.org/10.1310/tsr1804-293>.

## Retningslinjer innen nevrologisk rehabilitering

Nasjonal faglig retningslinje for behandling og rehabilitering ved hjerneslag [nettarkiv] [Internet]. Oslo: Helsedirektoratet. 2017.

Tilgjengelig fra: <https://www.helsedirektoratet.no/retningslinjer/hjerneslag>.

Hornby TG, Reisman DS, Ward IG, et al. Clinical Practice Guideline to Improve Locomotor Function Following Chronic Stroke, Incomplete Spinal Cord Injury, and Brain Injury. *J Neurol Phys Ther* 2020; 44: 49-100. DOI: <https://doi.org/10.1097/npt.0000000000000303>.

Moore JL, Potter K, Blankshain K, et al. A Core Set of Outcome Measures for Adults With Neurologic Conditions Undergoing Rehabilitation: A CLINICAL PRACTICE GUIDELINE. *J Neurol Phys Ther* 2018; 42: 174-220. DOI: <https://doi.org/10.1097/npt.0000000000000229>.

## Implementering av kunnskapsbasert praksis

Moore JL, Friis S, Graham ID, et al. Reported use of evidence in clinical practice: a survey of rehabilitation practices in Norway. *BMC Health Serv Res* 2018; 18: 379. 20180525. DOI: <https://doi.org/10.1186/s12913-018-3193-8>.

Dølvik T. Helse- og omsorgsdepartementet: Spørreundersøkelse om fysioterapi i kommunehelsetjenesten. 23.02.2009. Agenda.

Tilgjengelig fra: <https://www.regjeringen.no/globalassets/upload/hod/dokumenter-kta/r6302-hod-fysioterapeuter-td.pdf>.

## Diskusjon

Damiano D. Pass the torch, please! *Dev Med Child Neurol* 2007; 49: 723. DOI: <https://doi.org/10.1111/j.1469-8749.2007.00723.x>.

Halvorsen JM, Hellevik, M.M., Moore, J.L.. Den gylne middelvei innen nevrologisk fysioterapi. *Fysioterapeuten* 2021; 88: 60-64. Tilgjengelig fra: <https://www.fysioterapeuten.no/fagessay-fysioterapi-neurologisk-fysioterapi/den-gylne-middelvei-innen-neurologisk-fysioterapi/132692>

Scheets PL, Hornby TG, Perry SB, et al. Moving Forward. *J Neurol Phys Ther* 2021; 45: 46-49. DOI: <https://doi.org/10.1097/npt.0000000000000337>.

Sullivan KJ. What is neurologic physical therapist practice today? *J Neurol Phys Ther* 2009; 33: 58-59. DOI: <https://doi.org/10.1097/NPT.0b013e318199bd20>.

## Bøker

Association TBBT. Bobath Concept: Theory and clinical practice in neurological rehabilitation. Wiley-Blackwell (an imprint of John Wiley Sons Ltd), 2009.

ISBN: 9781405170413

Brodal P. Sentralnervesystemet. 5th ed.: Universitetsforlaget, 2013.

ISBN: 9788215021126

Carr J SR. Neurological Rehabilitation: Optimizing motor performance. 2nd ed.: Churchill Livingstone, 2010.

ISBN: 9780702040511

Gjeldsvik BEB SL. Bobath Concept in Adult Neurology. 2nd ed.: Thieme Publishing Group, 2016.

ISBN: 9783131454522

Shumway-Cook A WM. Motor Control: Translation research into clinical practice. 5th ed.: Lippincott Williams And Wilkins, 2016.

ISBN: 9781496347725