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TO STUDY THE EFFECTIVENESS OF A NEW CONSENSUS ON IMPROVING THE BIOMECHANICS OF THE ANKLE JOINT IN PATIENTS AFTER STROKE

Y Madjidova, M Bakhramov, B Bakhriev, Z Abdullaev and S Jabborova

Tashkent Pediatric Medical Institute, Uzbekistan

Abstract

Introduction: Violation of movements in the hip and knee joints is the main factor of gait disorders, as well as violation of movements in the ankle joint also leads to the formation of pathological synergy of leg muscles. Currently, a consensus has been developed to restore hip and knee joint mobility. But, according to the literature, there is less information about the complex of special exercises for the ankle joint.

Methods and materials: Our study involved 180 patients. For gait analysis we use clinical tests and video analysis. All patients took part in a special course of walking exercises developed by us for 3 months.

Results: Against the background of training, an increase in the overall score on the Fugl-Meyer scale was found from 67.2 to 72.7 points ($p < 0.05$) and separately for the leg from 22.1 to 23.6 points ($p < 0.05$), as well as a decrease in the tone of the extensor muscles. In the ankle joint, according to the modified Ashworth scale, there was a decrease in muscle tone from 3.0 to 2.5 points ($p < 0.05$). We saw that the indicators of the Hauser walking index ranged from 6.3 to 6.7 ($p < 0.05$) points. Our experience has shown-the biomechanics of the ankle joint has improved by 25% and walking by 10%.

Conclusion: Summing up the above indicators, our consensus for restore movement in the ankle joint has shown its effect.

Disclosure: To develop a new consensus for the recovery of the ankle joint in post- stroke patients.

Biography

Doctor of Medical Sciences, Professor Yakutkhon Nabievna Majidova, Chief Neurologist of the Republic, Head of the Department of Neurology, Child Neurology and Medical Genetics of Tashkent pediatric medical Institute, Corresponding Member of the Euro-Asian Academy of Medical Sciences, Chairman of the Antiepileptic League of Uzbekistan, First Deputy Chairman of the Association of Neurologists of Uzbekistan.