

Efficacy of the Bobath Concept in Improving Performance in Activities of Daily Living in Patients after Stroke: A Literature Review

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Abstract

Despite its long background, since the 1940s, and its wide use, there are few studies regarding the results of Neurodevelopmental Treatment (NDT) in

screening: Studies on the treatment of patients with neurological disorders other than stroke or neurodegenerative diseases.

- Randomized controlled trials with a multimodal approach, using the Bobath concept in combination with another rehabilitation technique.
- Studies presenting the same results in di erent article. Only one of the two articles studying variables that match the PICO question was included.
- Randomized controlled trials that evaluated outcomes unrelated to upper limb motor function, spasticity, and ADL performance.
- Articles published before January 2012.
- Unpublished randomized controlled trials (protocols) [3].

Characteristics of the studies

A total of 298 and 1,867 subjects participated in the trials and systematic reviews, respectively. Regarding the post-stroke phase, there is variability, although most studies were conducted on subjects in the acute phase. Two studies involved subjects in the subacute phase,

interventions ranged from 2 to 12 weeks, significantly shorter than in daily practice. This represents a disparity between short-term data and long-term outcomes. In one study, the greater effectiveness of robotics compared to other techniques, including the Bobath concept, is highlighted only when applied intensively. Therefore, it is essential to conduct trials with treatments administered at the same intensity. It is possible that the Bobath approach to normalize movement patterns does not provide functional results in the upper limb. Therefore, it should be considered as just one of many tools available to an Occupational Therapist to address individual deficits.

Regarding the benefits of the study, it is pertinent to value the assessment scales. The FIM scale is widely used as an assessment tool for