



### Clinical observation of strengthened control training of knee joint on lower limb motor function in apoplexy patients

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**Objective** On the basis of routine rehabilitation training for patients, increase the training of knee joint control, explore the effect of intensive knee joint training on the clinical efficacy of lower limb motor function in apoplexy patients, it can better improve the knee joint control ability of patients, improve the balance ability, stability and coordination of the patient's body, so that patients can recover quickly and reduce the burden on families and society.

**Methods** Twenty-eight stroke patients who met the study criteria were randomly divided into treatment group and control group. Both groups of patients were treated with conventional rehabilitation. The treatment group was given strengthened control training of knee joint. The content of strengthened control training of knee joint includes bridge training, knee joint control training, and the ipsilateral lower limb weight bearing knee joint training. The training was done in 12 weeks. The lower limb function of the affected limb was assessed before and after treatment by the Berg balance scale (BBS), the daily life ability scale (MBI), the Fugl-Meyer scale (FMA). Among them, the BBS was used to assess the patient's balance ability, the MBI was assessed the ability of daily living activities, and the FMA was assessed the patient's athletic ability.

**Results** (1) Compared with the BBS index score before treatment, there was no significant difference between the control group and the treatment group. After 12 weeks of rehabilitation treatment, the score of the balance function of the control group increased ( $P < 0.05$ ). The score of the function was also significantly improved ( $P < 0.05$ ). The scores of the balance function of the control group and the treatment group after treatment were significantly higher than those of the control group, with significant difference ( $P < 0.05$ ). (2) Compared with the FMA index score before treatment, there was no significant difference between the control group and the treatment group. After 12 weeks of rehabilitation treatment, the score of the control group was significantly improved after treatment ( $P < 0.05$ ). The scores after treatment were also significantly improved ( $P < 0.05$ ). Compared with the control group and the treatment group, the scores of the treatment group were significantly higher than those of the control group, with significant difference ( $P < 0.05$ ). (3) Compared with the MBI index score before treatment, there was no significant difference between the control group and the treatment group. After 12 weeks of rehabilitation treatment, the daily living ability score of the control group increased ( $P < 0.05$ ), and the daily life of the treatment group. The scores of life ability were also significantly improved ( $P < 0.05$ ). Compared with the control group and the treatment group, the MBI index scores in the treatment group were significantly higher than those in the control group ( $P < 0.05$ ).

**Conclusions** On the basis of routine rehabilitation training for patients, strengthened control training of knee joint can more effectively improve the balance of lower limb function in patients with cerebral apoplexy and enhance the stability and harmony of patients, improve the walking ability of patients.