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### Oral Presentation 1-12

#### Activation of the Brain to Improve Memory Ability after Stroke

Mrs Rahayu Umi Budi,  
Muhammadiyah University of Surakarta, Physioterapy Department

#### **Co-Author**

Rustiana Yoni, Muhammadiyah University of Surakarta, Physioterapy Department,  
Indonesia

Dachlan M Leo, Muwardi Surakarta Hospital, Indonesia

#### **Abstract:**

#### **Objectives:**

Impaired memory is one of the vital cognitive impairment, which is often a problem for people with stroke, and often stressful. Attempts to overcome this memory impairment is a need to consider. The purpose of this study is to implement post-stroke brain activation to enhance nerve regeneration in the brain, consisting of breathing exercises, brain harmonization exercise, and memory brain exercise.

#### **Methods:**

The study was conducted in subjects with post-stroke recovery in the ward stage nerves and Physiotherapy Clinic Hospital "Dr. Muwardi Surakarta" Indonesia from April to July 2012. This type of research is a quasi experiment with a pretest-posttest with control group design. The sampling technique is "Purpusif sampling". Memory is measured by MMSE modification

#### **Results:**

The results of the research is already done which is a mix of brain activation breathing exercises, brain harmonization exercise, memory brain exercise. Memory capability respondents were analyzed by Mann-Whitney test obtained picture change memory capabilities of respondents either to a control group and the treatment group. Results of picture memory skills before treatment is no different, its p value is 0.421, while picture memory skills after treatment in the treatment group and the controls were significant, indicated by the results of statistical tests with p value 0.013.

**Conclusions:**

The results of this study indicate that there is the influence of brain activation, which consists of breathing exercises, brain harmonization exercise, and memory brain exercise to the memory ability of post stroke patients in the treatment group.

