Effect of treadmill training based real-world video recording on balance and gait in chronic stroke patients: a randomized controlled trial.

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Abstract

OBJECTIVE: The purpose of this study was to determine the role of treadmill training based real-world video recording (TRWVR) for balance and gait ability in chronic stroke patients.

DESIGN: Thirty chronic stroke patients were randomly assigned to either the TRWVR group (n=15) or the control group (n=15). Both groups participated in a standard rehabilitation program; in addition, the TRWVR group participated in TRWVR for 30 min per day, three times per week, for 6 weeks, and the control group participated in treadmill walking training for 30 min per day, three times per week, for 6 weeks. Balance ability

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was measured using the Berg Balance Scale (BBS), Timed Up and Go test (TUG) and the postural sway by force platform system. Gait performance was measured using a pressure sensitive walkway.

**RESULTS:** Significant differences in the time factor for dynamic balance and gait (P<0.05) were observed in the TRWVR and control group, with the exception of static balance. For the group × time interaction, significant improvements in dynamic balance and gait (P<0.05). In the correlation coefficient, no significant correlation was observed between changes in postural sway and other dependent variables.

**CONCLUSIONS:** Findings of this study demonstrated that the real-world video recording has an effect on dynamic balance and gait in chronic stroke patients when added to treadmill walking.

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