

# Effect of Core Strengthening with Pelvic Proprioceptive Neuromuscular Facilitation on Trunk, Balance, Gait, and Function in Chronic Stroke

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## Abstract

*Introduction:* Common deficiencies in stroke include spasticity, weakness, and loss of equilibrium on the affected side causing inability to maintain postural alignment. stroke one side of the limbs are affected but trunk muscles are affected on both the sides leading to insufficient trunk rotation, difficulty in maintaining balance and gait.

*Methods:* The subjects was selected randomly under inclusion and exclusion criteria. 30 subjects selected which is divided into 15 each group. experimental group -pelvic proprioceptive neuromuscular facilitation.core strengthening. control group-pelvic proprioceptive neuromuscular facilitation.

*Results:* The pre and post test showed significant improvements in experimental group compared with control group on trunk impairment scale(tis) scores ( $t=-10.143$ ,  $p=0.001$ ); tinetti-poma scores ( $t=-16.915$ ,  $p=0.001$ )

*Conclusion:* The results of core strengthening and pelvic pnf for improving trunk impairment, balance, gait, and function in stroke patients. improved core stability provides a stable base for trunk and leg movements.