<table>
<thead>
<tr>
<th>Problem</th>
<th>Treatment</th>
<th>Outcome measure</th>
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</thead>
</table>
| ↑ Muscle Tone (Spastic hypertonia)  
   - Antigravity muscles  
     – UL: flexor pattern, LL: extensor pattern |  
   - Reduce tone by increasing BOS. Start with patient in lying  
   - Rhythmic rotation of scapula to break flexion/extension patterns  
   - Knee rolling  
   - Rolling on bed |  
   - Spasticity: Ashworth Scale / Modified Ashworth Scale |
| ↓ Balance |  
   - There is strong evidence that balance training post stroke improves outcome. There is conflicting evidence as to what form of balance training yields the most effective result  
   - Auditory & visual feedback |  
   - Activities-Specific Balance Confidence Scale  
   - Berg balance scale |
| Impaired gait |  
   - Task – specific gait training  
   - There is strong evidence that treadmill training alone (without partial weight support) can increase gait velocity in the chronic stage of stroke  
   - Auditory & visual feedback  
   - Strength training |  
   - 10 meter walk test  
   - 2 minute walk test  
   - Barthel index  
   - Dynamic Gait Index  
   - Functional Ambulation Category |
| Lower limb motor function |  
   - Bilateral leg training |  
   - Barthel index  
   - Five Times Sit to Stand Test |
| UL motor function |  
   - Bilateral arm training  
   - Repetitive task-specific training  
   - Constraint-induced movement therapy  
   - Mirror therapy  
   - Extrinsic feedback  
   - In sitting – reaching forward to pick up something meaningful |  
   - ARAT – action research arm test  
   - Capabilities of Upper Extremity Instrument  
   - DASH - Disabilities of the Arm, Shoulder, and Hand Questionnaire  
   - Five Times Sit to Stand Test  
   - Function in Sitting Test |
| Grip strength |  
   - Strength training |  
   - Hand Held Myometry/Dynamometry |
| Neglect |  
   - Feedback strategies | |
| Alignment |  
   - T-shirt with line going down the middle & mirror feedback | |