

**ASSESSMENT OF BALANCE AND FALL RISK  
OF PATIENTS AFTER ISCHEMIC STROKE TREATED  
IN THE DEPARTMENT OF REHABILITATION  
IN THE HOSPITAL OF THE MSWIA IN RZESZÓW**

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Observation show that people after stroke suffer from significant balance disorder that directly affect the quality of walking, which translates into limitations in everyday life but also increases fall risk. Falls are one of the most common medical complications during hospitalization. According to statistics, almost half of the falls leads to injury, among them heavier injuries that account for 10–15%.

**Goal:** Assessment of balance disorders and analysis of fall risk in patients after ischemic stroke in relation to the time from the onset of stroke. The relationship between risk of falling, age, sex, Barthel scale, BMI index, felt anxiety of falling was also assessed.

**Material and method:** The study included 52 patients after ischemic stroke, rehabilitated at the Department of Rehabilitation from 2–3 weeks.

The analysis was conducted within two research groups: Group I: patients of the early phase of rehabilitation 63%, 3 weeks – 3 months after stroke, Group II: patients of the late phase of rehabilitation 37%, 1–3 years after stroke. The age of the respondents fluctuated in the range of 54–89 years, with the average age of the respondents – 69.3 years.

The analysis included the following research tools: Barthel Index, Gait Balance and Performance Test according to Tinetti et al. Functional Reach Test.

**Results:** In the assessment of dependency between fall risk, results in the Tinetti and FRT tests, a significant relationship was found for group II. There was a significant relationship between high fall risk and high BMI and low Barthel score for both groups. There were no statistically significant correlations between fall risk and age. The correlation between the occurrence of post-collapse damage and the results in equivalent tests, BMI index as well as anxiety of falling was demonstrated.

**Conclusions:** Patients after cerebral stroke are characterized by serious balance problems, affecting the high fall risk. There is increased risk of falling regardless of stage of the disease. Balance capabilities directly affect everyday activities.

**Keywords:** stroke, balance disorders, fall risk.