

This project assesses effects of four -week active rehabilitation combined with Vojta reflex stimulation on mobility of bed-bound seniors. Sixteen female patients were divided into two groups of eight members, i.e. tested group and control group. Both groups were put through training focused on self-support, maintaining or enhancement of range of movement, strengthening of weak muscle groups, stability training, practicing sitting up and lying down from sitting position, and walking in the high walking frame in the case of stronger patients. Besides that the tested group underwent Vojta reflex stimulation (global model of reflex turning), coordination and stability exercise and exercise with rehabilitation tools (elastic band, over ball, small ball, water bottle). In the beginning and in the end of the project the EMS (Elderly Mobility Scale), BI (Barthel Index), and MMSE (Mini-mental State Examination) scales were tested as well as ability to turn from back to side and stability in the sitting position. Statistical comparability of both groups was proved true in the beginning of the therapy by Mann-Whitney test. There was a noticeable tendency towards higher probability of enhancing measured scores in the tested group compared to the control group after the therapy.

In case of the EMS this probability was statically significant –98.3 %. By analyzing the EMS, BI, and MMSE results using Paired t-test the outcome is not statistically significant. However the tested group showed noticeable improvement. The most visible positive effect was shown in the EMS test where the control group goes not show any improvement meanwhile the tested group shows the probability of improvement at 94%. Receiving statistically significant results would require longer period of monitoring and larger tested group.