

MY WAY

A EUROPEAN COLLABORATIVE AND INNOVATIVE PARTNERSHIP
TO PROMOTE PHYSICAL ACTIVITY AFTER STROKE EVENT



MY WAY A EUROPEAN COLLABORATIVE AND INNOVATIVE PARTNERSHIP TO PROMOTE PHYSICAL ACTIVITY AFTER STROKE EVENT

613107-EPP-1-2019-1-IT-SPO-SCP

Co-funded by the
Erasmus+ Programme
of the European Union



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UNIVERSITÀ DI ROMA



ARISTOTLE
UNIVERSITY
OF THESSALONIKI



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- Department of Anatomical, Histological, Legal and Locomotor Sciences of Sapienza University, ITALY
- Klaipėda University, LITHUANIA
- Istituto Europeo per lo Sviluppo Socio Economico (ISES), ITALY
- Cerebrum - Association of People with Acquired Brain Injuries and Theirs Families, CZECH REPUBLIC
- Croatian Stroke Society, CROATIA
- Laboratory of Sports Medicine, Aristotle University of Thessaloniki (AUTH), GREECE



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www.myway-project.eu

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- ... (...) - 15%: ...

test FAST

Facial weakness:

Arm weakness:

Speech problems:

Time:

- F (Face),
- A (Arms),
- S (Stability),
- T (Talking),

ΕΙΔΗ ΕΓΚΕΦΑΛΙΚΟΥ

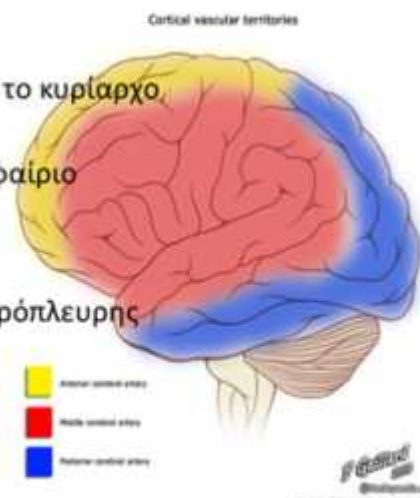


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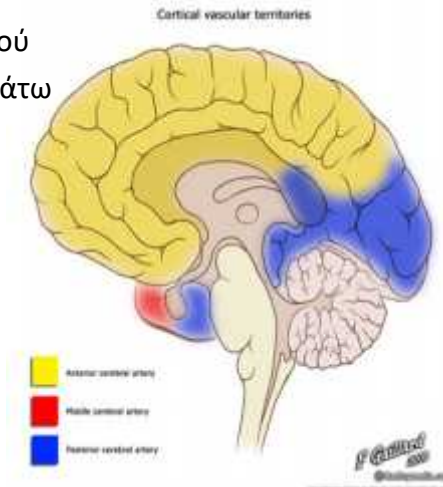
Απόφραξη της μέσης εγκεφαλικής αρτηρίας

1. Ετερόπλευρη ημιπάρεση και υπαισθησία (Η αδυναμία του άνω άκρου και του προσώπου είναι χειρότερη από ό,τι στο κάτω άκρο)
2. Βλέμμα προς την πλευρά της βλάβης
3. Ομόπλευρη ημιανοψία
4. Αισθητηριακή ή κινητική αφασία, εάν προσβληθεί το κυρίαρχο ημισφαίριο
5. Δυσαρθρία, εάν προσβληθεί το μη κυρίαρχο ημισφαίριο
6. Αγνωσία
7. Απροσεξία, παραμέληση
8. Κεντρική παράλυση προσώπου (κάτω μισό της ετερόπλευρης πλευράς του προσώπου)



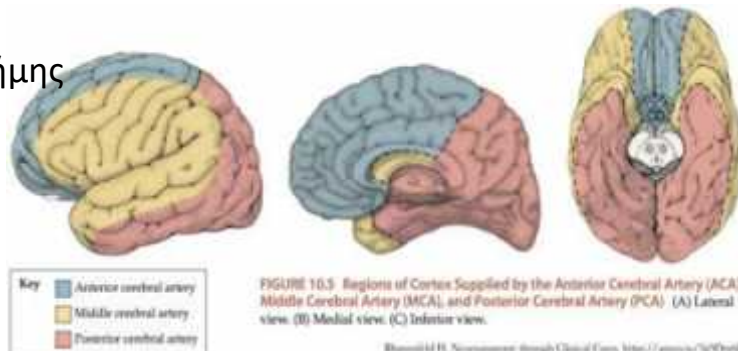
Απόφραξη της πρόσθιας εγκεφαλικής αρτηρίας

1. Ο λόγος διατηρείται αλλά υπάρχει άρση αναστολών
2. Η διανοητική κατάσταση αλλάζει
3. Η κρίση αλλοιώνεται
4. Ετερόπλευρα αισθητηριακά ελλείμματα του φλοιού
5. Η ετερόπλευρη αδυναμία είναι μεγαλύτερη στα κάτω παρά στα άνω άκρα
6. Ακράτεια ούρων
7. Απραξία βάδισης



Απόφραξη της οπίσθιας εγκεφαλικής αρτηρίας

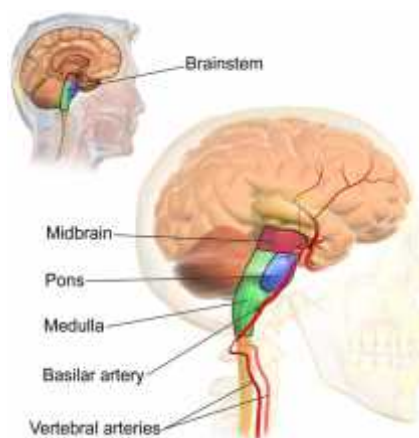
1. Φλοιϊκή τύφλωση
2. Ετερόπλευρη ομώνυμη ημιανοψία
3. Σύνδρομο Anton
4. Αλλαγή νοητικής κατάστασης
5. Οπτική αγνωσία
6. Εξασθένηση της μνήμης





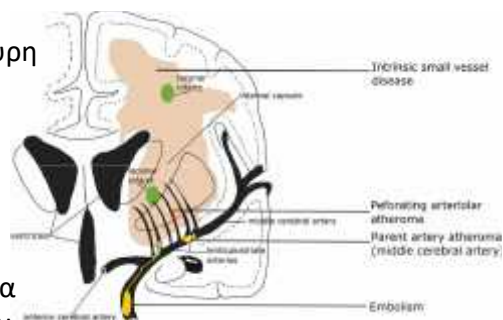
Εγκεφαλικό επεισόδιο σπονδυλικής/βασικής αρτηρίας:

1. Νυσταγμός
2. Ίλιγγος
3. Διπλωπία και ελλείμματα οπτικού πεδίου
4. Δυσαρθρία
5. Δυσφαγία
6. Τετρα- ή ημιπάρεση
7. Υπαισθησία προσώπου
8. Αταξία
9. Περιφερική παράλυση προσώπου (ολόκληρο το μισό πρόσωπο)



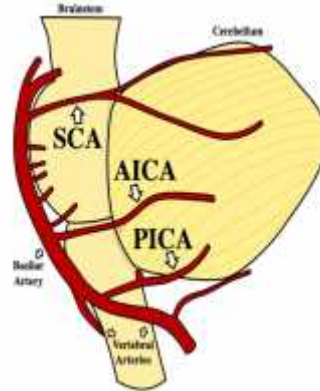
Κενοχωριώδες εγκεφαλικό επεισόδιο (απόφραξη μιας μικρής διατριαινουσας αρτηρίας):

1. Αμιγώς κινητικά: Μεμονωμένη ετερόπλευρη αδυναμία προσώπου/βραχίονα/ποδιού
2. Δυσαρθρία-αδέξιο χέρι: Δυσαρθρία, αδυναμία προσώπου, ελαφρά αδυναμία/αδεξιότητα του ετερόπλευρου χεριού
3. Αταξική ημιπάρεση: Ομόπλευρη αδυναμία ημιμορίου σώματος και αταξία των άκρων (που είναι δυσανάλογη με την αδυναμία)
4. Αισθητηριακή απώλεια όλων των μορφών στο ένα ημιμόριο του σώματος
5. Ημιβαλισμός



Παρεγκεφαλιδικό εγκεφαλικό επεισόδιο:

1. Αταξία
2. Δυσαρθρία
3. Ναυτία, έμετος
4. Συμπτώματα ιλίγγου



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- SAFE (Stroke Alliance for Europe)
 - SAFE
- ESPRN (European Society of Physical & Rehabilitation Medicine)
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- ESN (European Society of Neuroradiology)
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