POSTER PRESENTATIONS

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Prescriptions used in Training Sit-to-Stand among Post-Stroke Individuals: A Protocol for Systematic Review

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ABSTRACT

Background and Objectives: Independent standing is crucial for ambulation in post-stroke individuals. Therefore, sit-to-stand training plays a vital role in post-stroke rehabilitation. Yet, there is a lack of clear guidance on the parameters for sit-to-stand training in post-stroke individuals. Therefore, this systematic literature review specifically investigates the parameters and prescriptions employed in sit-to-stand training. **Methods:** This review will follow the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines for conducting the review. The search for eligible articles will be systematic, covering five databases: Scopus, Web of Science, Cochrane Library, EBSCO Medline, and PubMed, using key search terms related to stroke and sit-to-stand training. References from the included articles will also be reviewed and searched to identify more potential articles. This review only included randomized controlled trials and full-text English articles. The screening and quality appraisal process of the selected articles involves two independent reviewers and using PEDro quality appraisal tool. Any disagreement among the two reviewers will be settled through discussion with a third reviewer. **Results:** This review will present findings on the parameters of training protocol (frequency, duration, repetition) and the impact of positioning factors (such as chair height, foot position, and hand rests) on the overall outcome. **Conclusion:** This review can assist clinicians in choosing the best prescriptions possible to train sit-to-stand among post-stroke individuals offering valuable guidance for clinical practice.

Keywords: Sit-to-stand; Stroke; Hemiparesis

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