

HIPS/21/03 – Physical rehabilitation to improve function and mobility in people after stroke: Update and expansion of Cochrane systematic review (SPRUCE).

Stroke is a leading cause of long-term physical disability. Around 80% of stroke survivors have problems with movement, and commonly receive physiotherapy. Cochrane systematic reviews bring research evidence together to give information on the best care and treatment choices. A Cochrane review by our team showed that physiotherapy can improve function and walking after stroke, but we are unsure what sort of physiotherapy is best.

Because the review has not been updated since 2012, treatment decisions might not be based on the most recent evidence. COVID-19 has impacted on stroke rehabilitation and there are new questions about how to deliver physiotherapy. Updating and expanding this review could answer important new questions.

Patient and Public Involvement: We will form a group of 12-15 stroke survivors, carers and physiotherapists, with varied backgrounds, from across the UK. We will also hold two international meetings to get input from beyond the UK. This involvement will make sure that the review answers the questions of most importance to people affected by stroke, and that the right people and organisations learn about the results.

Plan: We will do a major update and expansion of our Cochrane review of physiotherapy. This review will bring together evidence for effectiveness of physiotherapy on function and walking after stroke.