

# EFFECTS OF A MULTIDISCIPLINARY SUPERVISED EXERCISE PROGRAM ON MOTOR PERFORMANCE AND QUALITY OF LIFE IN COMMUNITY-DWELLING CHRONIC STROKE SURVIVORS IN KOREAN

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**Abstract.** Studies of strengthening and physical conditioning rehabilitation programs on stroke survivors have shown an increase in their physical function and quality of life (QOL). In this study the effectiveness of two exercise regimens was assessed: 1) a 24-week multidisciplinary supervised exercise program and 2) a 24-week self-monitored conditioning exercise program. Twenty-eight subjects (17 men and 11 women) were allocated to take part in either a multidisciplinary supervised program or a self-monitored exercise program. The primary outcomes were the results of the Wolf Motor Function Test (Korean version), Motor Activity Log (Korean version) and Stroke Short Form – Quality of Life assessment (Korean version). Both groups showed improvement in motor capacity and quality of life, but the improvements achieved by the multidisciplinary supervised group were greater than those of the self-monitored group. A multidisciplinary supervised program was more effective than a self-monitored program for stroke rehabilitation.

**Keywords:** stroke survivors, exercise program, motor performance, quality of life

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