

Self-rehabilitation: towards new solutions in physiotherapy



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- French neuro physiotherapist in Paris in Neurologi'K, community care center
- Master degree in Neurosciences
- Teacher in Physical therapy school since 2019
- Physiotherapy referent for rare neurological diseases BRAIN-TEAM



Who is BRAIN-TEAM ?



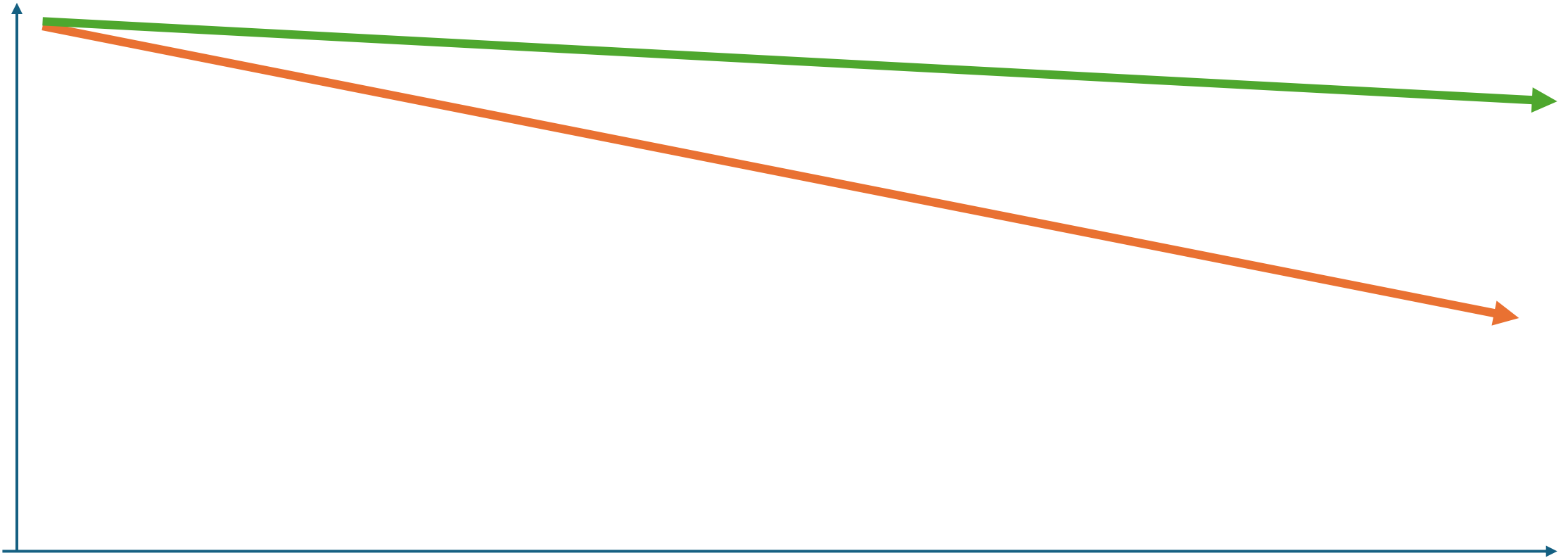
- French public organisation
- Coordinates the rare disease reference centers
- Carries out actions for patients on French territory
- Resources for professionals (guidelines et continuing education coursework)

Missions dans la filière BRAIN-TEAM : Pôle Kinésithérapie

- Accompany patients on issues related to physical rehabilitation (Advice, Teleconsultations, Orientation and Education programs)
- Helping professionals better manage rare disease
- Training, advice and support
- Drafting of recommendation sheets
- Support projects around physical rehabilitation: Brain Mouv' and Research Project

Why do physiotherapy ?

Motor skills



Time

With physiotherapy

Without physiotherapy

Ataxia and Physiotherapy: Rehabilitation Goals

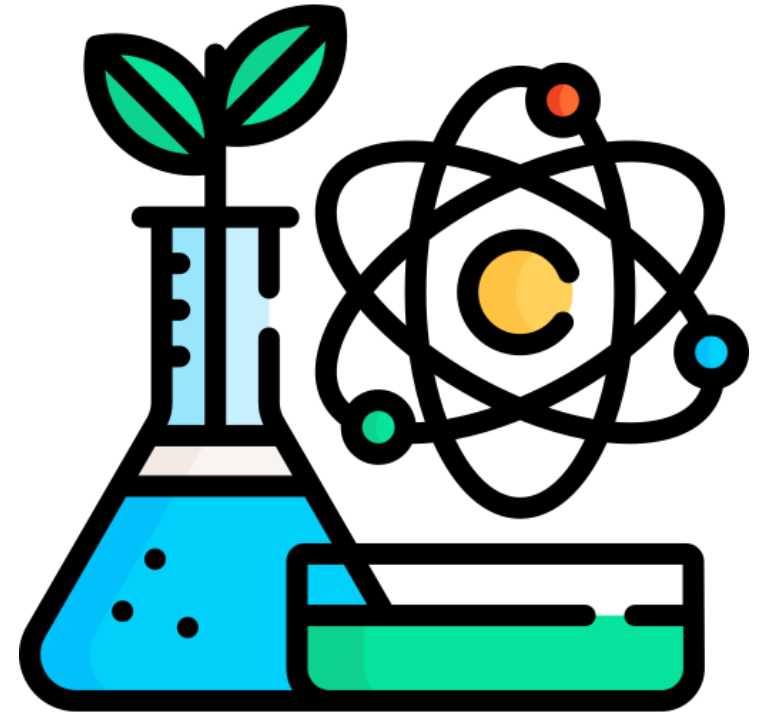
- Balance work
- Coordination work
- Strength training against resistance
- Raising
- Stretching and joint mobility
- Cardio-respiratory work



Ataxia and Physiotherapy: What the science says:

- Neurological rehabilitation:
- 3 to 5 times a week
- 30 to 60min
- Target heart rate between 60% and 75% of the theoretical Max Rate

→ **Intensive**



Ataxia and Physiotherapy

What is practiced in France:

- 1 to 2 times a week: 30 to 60min
- Some stays in Rehab Center of 4 to 6 weeks a year

→ **Insufficient!**



Ataxia and Physiotherapy: What the science says:

Example of a study (Milne et al 2020):

80 patients

30 weeks: 2 Groups

1) Control group: usual program (including physiotherapy)

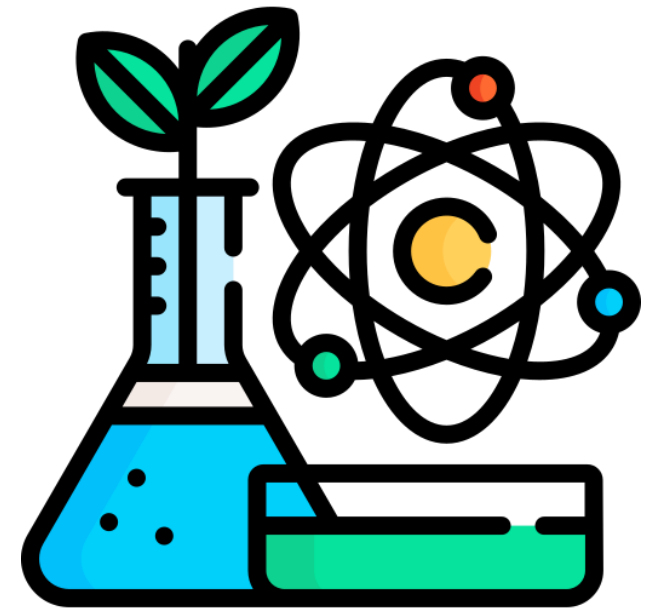
2) Experimental group

6 weeks of treatments: 2h00 of physiotherapy, 3x/week: 1h of balneotherapy + 1h of dry

Then 24 weeks of self-exercises 5x 1h/week

Strengthening, postural control, functional mobility, balance training, coordination, sensory stimulation, mobilization and stretching.

Problem: How to be diligent ?





BRAIN MOVV'



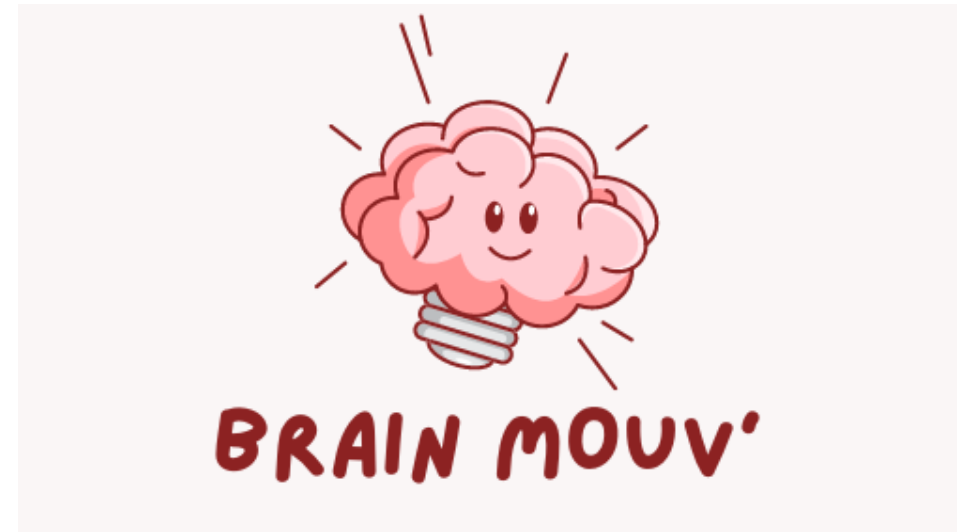
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Fabrice Lecornu, patient and member of the AFAF
Jean and Laurence Benard, ASL patient and members
Iris Marolleau, physiotherapist at Neurologi'K



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Brain Mouv'

- Physical exercises
- Free solution (fully funded BRAIN-TEAM)
- 1.5 years of development
- Accessible
- Adaptable to PC and Smartphone
- Programs for everyone!
- Customizable
- Pedagogical



Démonstration !

<https://brainmouv.com/>

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♿ Accessibility

📈 My activities

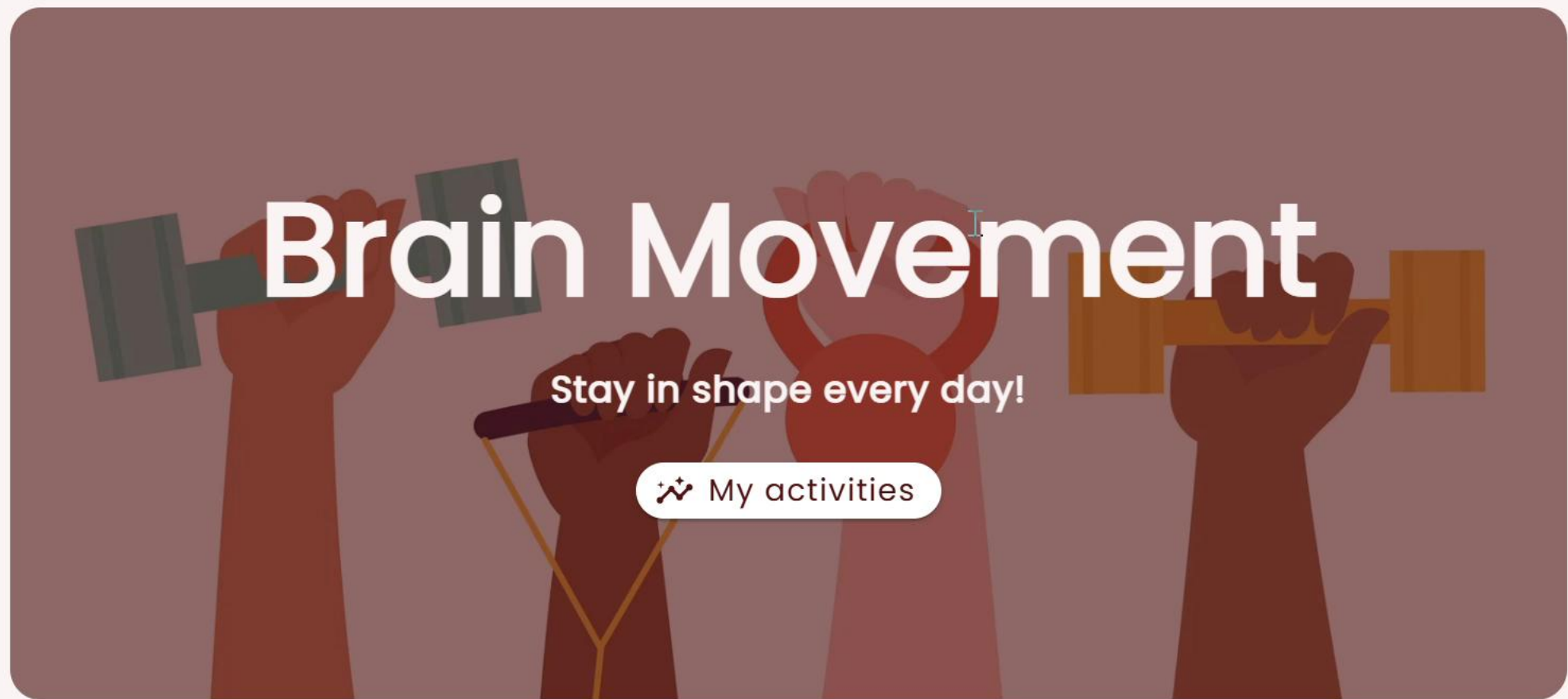
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💡 An idea, a problem?



📈 My activities

**Thank you for your
attention**

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