

Committee Report 2023
ESO Neurorehabilitation Committee

Report of the ESO Committees - Summary

Neurorehabilitation Committee

- **Geert Verheyden, Belgium (Chair)**
- Christina Kruuse, Denmark
- François Chollet, France
- Janika Kõrv, Estonia
- Jozef Opara, Poland
- Lisa Shaw, UK
- Nataliya Nekrasova, Ukraine
- Raquel Neves, UAE

Report of the ESO Neurorehabilitation Committee

Realisation 1

Publication of white paper in European Stroke Journal

Review Article

EUROPEAN
STROKE JOURNAL

Motor rehabilitation after stroke: European Stroke Organisation (ESO) consensus-based definition and guiding framework

European Stroke Journal

1–15

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**Gert Kwakkel^{1,2,3*}, Cathy Steinar^{4*}, Bea Essers⁵,
Maria Munoz-Novoa⁶, Meret Branscheidt⁷, Rosa Cabanas-Valdés⁸ ,
Sandra Lakičević⁹, Sofia Lampropoulou¹⁰,
Andreas R Luft⁷, Philippe Marque¹¹, Sarah A Moore^{12,13},
John M Solomon^{14,15}, Eva Swinnen¹⁶, Andrea Turolla^{17,18} ,
Margit Alt Murphy^{6,19#} and Geert Verheyden^{5#} **

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Realisation 2

Including the first consensus-based definition on motor rehabilitation after stroke

Box 2. Agreed, expert-based definition of motor rehabilitation after stroke.

Motor rehabilitation is a process that engages people with stroke in order to benefit their motor function, activity capacity and performance in daily life. It is necessary for all people with residual motor disability whose goal is to enhance their functioning, independence and participation.

Motor rehabilitation strives to reduce motor impairments and improve functioning in activities through learning- and use-dependent mechanisms. The trajectory of motor and functional recovery varies between patients and stages of recovery. At early stages, behavioral restitution of motor function depends on the underlying mechanisms of spontaneous neurological recovery. At later stages, further functional improvements can be achieved by compensations.

Motor rehabilitation is guided by regular assessment of motor function and activity using consensus-based measures, including patient-reported outcomes. Results are discussed with the patient and their carers in order to set personal goals.

The core element of motor rehabilitation incorporates principles of motor control in which patients learn to optimize and adapt their motor, sensory and cognitive functioning through appropriately dosed, repetitive, goal-oriented, progressive, task- and context-specific training.

Motor rehabilitation supports people with stroke to maximize health, well-being and quality of life.

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Realisation 3

Providing a state-of-the-art overview of the process of motor rehabilitation after stroke, including recovery, assessment, prediction and summary of interventions

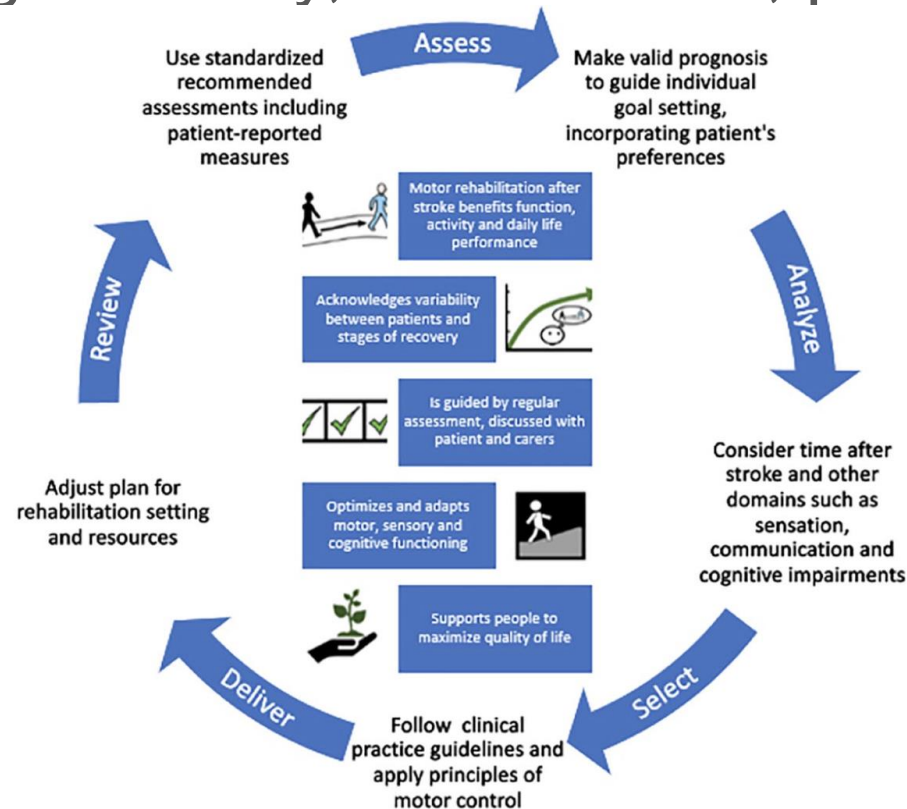


Figure 3. Pictorial abbreviated motor rehabilitation after stroke definition (center) and summarized process of motor rehabilitation after stroke.