

# SPMRJ

**Surabaya Physical Medicine  
and Rehabilitation Journal**

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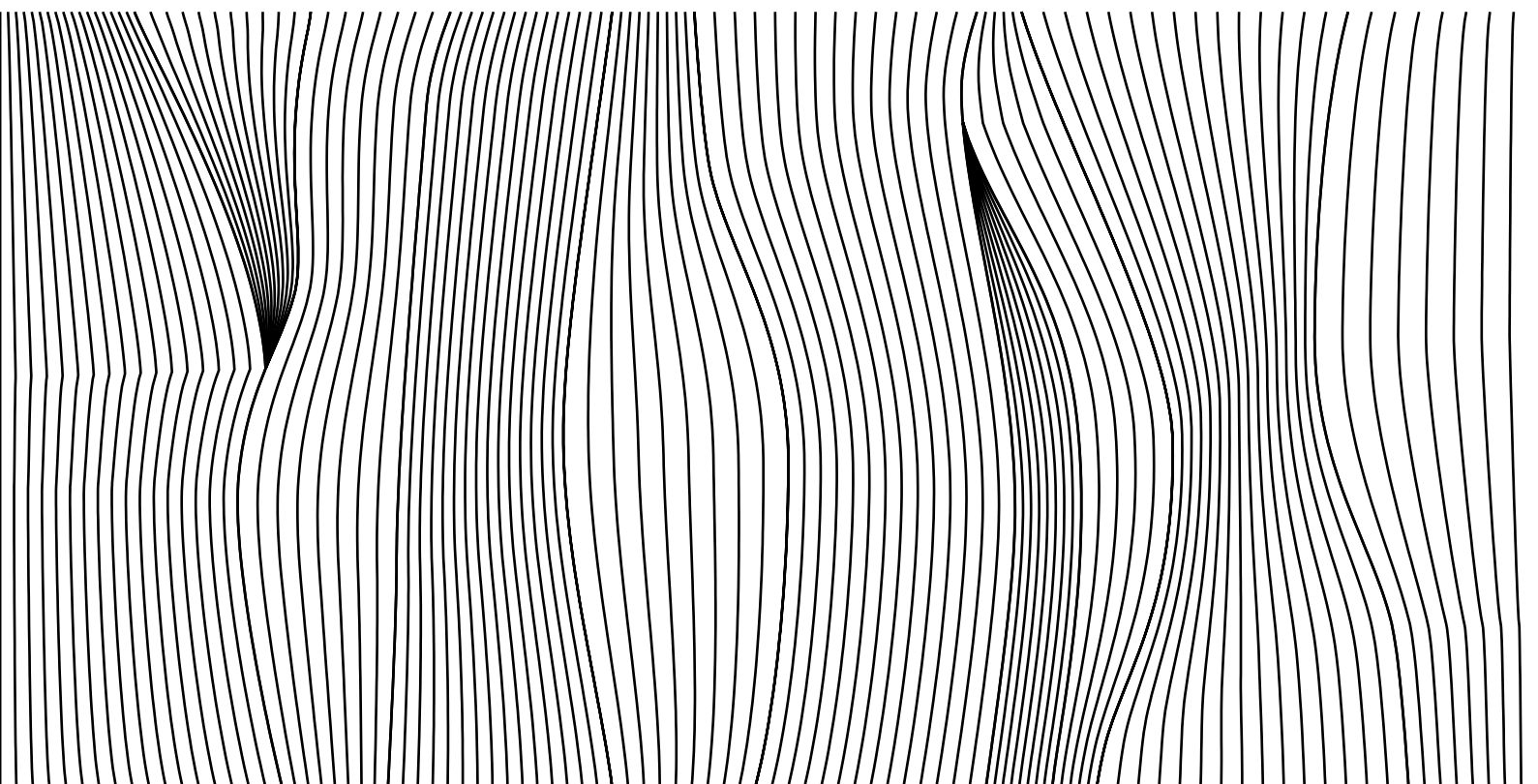
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# EDITORIAL NOTE

Stroke is a disabling disease. Today, stroke is the leading cause of disability worldwide and the second leading cause of death, but almost all strokes could be prevented. Most of the stroke survivors have at least an impairment, either in mild or in severe condition. A comprehensive post-stroke rehabilitation is very important to improve the outcomes of patient. The various current approaches of rehabilitation following stroke have been published, from the simple rehabilitation, such as modality and strengthening exercise, to an advance technology, such as virtual and robotic exercise program. Virtual reality-based exercises (Computerized Cognitive Training) on everyday life activities may be a useful cognitive rehabilitation to the stroke patient. The efficacy of Weight Supported Balance Therapy (WSBT) in acute stroke patients has been published in the last five years and become the newest rehabilitation program. Proprioceptive Neuromuscular Facilitation (PNF) and Cognitive Therapeutic Exercise (CTE) are commonly used as physical therapy programs. In addition, The Non-invasive Brain Stimulation (NIBS), which encompasses repetitive transcranial magnetic stimulation (rTMS) and transcranial direct current stimulation (tDCS), has shown increasing promise in modulating the brain activity and improving motor function after stroke. Finally, by proper rehabilitation management, we hope that we can prevent the recurrence of stroke, in accordance to the themes of the world stroke day in this year that extend global attention to the urgent need for all us to take action on stroke prevention.

Regards,

**EDITOR**



# TABLE OF CONTENT

42	Effect of Aerobic Exercise on <i>Brain-derived Neurotrophic Factor</i> (BDNF) Serum Level in Stroke Subjects with Cognitive Function Impairment <i>Vandyia Aisyah, Subagyo, Imam Subadi</i>
49	Effect of Power-Assisted Functional Electrical Stimulation (PAFES) and Occupational Exercise on Motor Unit Activity of <i>Extensor Digitorum Communis</i> and Hand Dexterity in Post-stroke Patient <i>Yusuf Roni, Sri Mardjiati Mei Wulan, I Putu Alit Pawana</i>
57	The Influence of Elastic Taping on Dynamic Muscular Control (Dynamic Control Ratio) Evertor-Invertor Ankle in Type 2 Diabetes Mellitus Male with Complications of Peripheral Neuropathy <i>Yuli Indah Kurnia, Imam Subadi, I Putu Alit Pawana, Sony Wibisono</i>
66	Effect of Short Period Simultaneous Stimulation of Transcranial Direct Current Stimulation (tDCS) on Occupational Therapy to Motor Function of Upper Extremity in Stroke Subjects <i>Adrian Utomo, I Lukitra Wardhani, I Putu Alit Pawana</i>
73	Combination of Telerehabilitation with Conventional Therapy in the Treatment of Bilateral Carpal Tunnel Syndrome: A Case Report <i>Wico Hartantri, Lydia Arfianti</i>