

Management of upper extremity function in patients with hemiparesis after stroke. Synthesis of recommendations.

Objective. To present the clinical practice guidelines on constraint-induced movement therapy, virtual reality, mirror therapy and mental practice for the treatment of the paretic upper limb post stroke based on a comprehensive review.

Method. We searched PEDro, Pubmed, Cinahl and OTseeker databases for guidelines and the Cochrane Library for systematic reviews on these therapies.

Results. According to the guidelines found, these four therapies are appropriate to improve the upper limb function, but with various levels of evidence.

Conclusion. Under specified conditions, these therapies could be used as adjuvant to conventional therapies.

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