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**The Mentamove Rehabilitation After Spinal Cord Injury and Application of the Method
(Case Report)**

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Background: The Brain Efficiency Training (Mentamove) is a neurorehabilitation method used after various CNS lesions. If the motoric activities are mentally practised by the subject with Mentamove, the real movement gives a reorganisation to the brain.

Methods: The case (a 30 year old female) had a spinal cord injury during anterior cervical surgery to the level of C5-6 for herniated cervical disc. In the postoperative period, the subject displayed symptoms of Brown Sequard Syndrome. One week later, a 2nd operation was performed, and the spinal cord decompressed. After the 2nd operation, the Mentamove Method was implemented. Mentamove was applied to the the shoulder, elbow, wrist, hip, knee and peroneal muscles bilaterally 2 times/daily for the duration of treatment. The results were measured with the Medical Research Council Scale (MRC) of 0-5.

Results: The sensorial deficits on the subject's right side, urinary incontinence, spasticity and body balance recovered. The left side elbow, wrist, hip, knee and peroneal muscles motor performance improved from 0 to 4+ point to the MRC Scale. The shoulder motor power increased from the 3 to the 5 point on the MRC Scale. After one year, the subject returned to her previous employment. The injured spinal cord documented with MRI showed incomplete spinal cord injury.

Conclusion: This data shows that the Mentamove method used to treat Brown Sequard Syndrome can be very effective when it applied during the the early stages of the injury.