



USING THE HUBER[®] TECHNIQUE IN PHYSICAL MEDICINE AND REHABILITATION

*B. Maertens de Noordhout MD, Ch. Bruyère PT, F. Houlmont PT, Y. Léonard PT
Centre Neurologique et de Réadaptation Fonctionnelle de Fraiture, B4557 Fraiture en Condroz BELGIUM*

GENERAL OBJECTIVE:

Preliminary study on the use of the HUBER system in a Physical Medicine and Rehabilitation Center and particularly in neurological and locomotor disorders.

POPULATION AND MODALITIES

- 9 patients with amputation of lower limb,
- 9 patients with knee or hip arthroplasty,
- 4 patients with Parkinson's disease,
- 48 patients with multiple sclerosis,
- 1 paraplegic patient (D4 level).

Several work modalities on HUBER[®] had been tested: variations in platform inclination and speed, duration of the session. Some patients with a major lower limb paresis worked in a sitting position.

CONCLUSIONS :

HUBER:

- is very well received by the patients (rewarding character training program).
- is suitable even for very elderly persons (over 80 years old) suffering from severe disabilities.
- allows patients to work proprioceptive solicitations and balance in a very specific way.
- helps the patients to regain automatic reflexes in contact with the ground (one of the things that had been lost through the disorder).
- allows a global muscular strengthening (recruitment of all muscular chains).
- allows an intense and unique stimulation of psychomotor functions.
- induces a beneficial effect on axial balance (important for rehabilitation of walking ability).
- is very interesting for working on orthopaedic injuries of the lower limb articulations.

In few words:

Re-education on Huber[®] device allows a global muscular strengthening and a very interesting proprioceptive work. Various neurological and orthopaedic pathologies should be able to benefit from this original device.