

CEREBRAL VENOUS THROMBOSIS AND THE ROLE OF REHABILITATION: A CASE REPORT STUDY

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Introduction: Cerebral venous thrombosis (CVT) is most likely to occur in adults younger than 45 years old. Prognosis for recovery of function is favorable with early therapeutic intervention and rehabilitation

Methods: This is a retrospective chart review of one patient (33-year-old), who suffered stroke from cerebral venous thrombosis within a state of hypercoagulability (due to systemic lupus). He was diagnosed by MRI angiogram to have occluded cerebral sinus, the superior sagittal sinus. Acute flaccid hemiplegia (2 out of 5 in MRC grading) was diagnosed in the patient. He was treated with intravenous heparin and continued with warfarin. After the acute phase period the patient underwent rehabilitation which involved physical-occupational- and speech language- therapy.

Results: The patient recovered almost fully his strength and sensation at his weak side at 3 months following the incident while bladder and bowel control was achieved within a month from the onset of disease. Complications during rehabilitation (intestinal bleeding) were treated with steroid intake.

Conclusions: Patients with stroke due to cerebral venous thrombosis need intensive inpatient rehabilitation program for a short time, but improve neurologically to normal. In the absence of adequate rehabilitation, neurology may not improve.