

Top Stroke Rehabil. 2009 Jan-Feb;16(1):57-68. Links

The Bobath concept in contemporary clinical practice

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Background: Future development in neurorehabilitation depends upon bringing together the endeavors of basic science and clinical practice. The Bobath concept is widely utilized in rehabilitation following stroke and other neurological conditions. This concept was first developed in the 1950s, based on the neuroscience knowledge of those times. *Purpose:* The theoretical basis of the Bobath concept is redefined based on contemporary neuroscience and rehabilitation science. The framework utilized in the Bobath concept for the analysis of movement and movement dysfunction is described. This framework focuses on postural control for task performance, the ability to move selectively, the ability to produce coordinated sequences of movement and vary movement patterns to fit a task, and the role of sensory input in motor behaviour and learning. The article describes aspects of clinical practice that differentiate this approach from other models of practice. Contemporary practice in the Bobath concept utilizes a problem-solving approach to the individual's clinical presentation and personal goals. Treatment is focussed toward remediation, where possible, and guiding the individual towards efficient movement strategies for task performance. The aim of this article is to provide a theoretical framework on which future research into the Bobath concept can be based.

PMID: 19443348 [PubMed - in process]

Dear IBITA members;

You have recently received an email forwarded to you by Paul Kroonenberg with respect to the recently published article "The Bobath concept in contemporary clinical practice".

The working group which was initially comprised of Julie Vaughan-Graham, Libby Swain, Cathy Eustace and Kim Brock began work on this project early in 2005. Julie, Cathy and Libby presented the initial theoretical framework as a workshop, chaired by Sheena Irwin-Carruthers, at the IBITA AGM in Leeds 2005, as we felt that any article published on the theoretical framework of the Bobath concept should be endorsed by IBITA. Following this workshop a motion was generated for discussion at the AGM and it was passed in favour of the publication group developing an article on behalf of IBITA. The 2005 workshop gave a small group of the IBITA membership the opportunity to provide input and feedback on the initial document. The working group assimilated this feedback and continued to work on the document over many hours and skype calls.

Following the 2006 IBITA AGM in Barcelona, Sheena agreed to join the working group as she could provide direct input into the IBITA Education committee and the Seniors Group. The working group submitted draft copies of the document to the Education committee, Seniors Group and the IBITA Executive committee and their feedback was assimilated into the final document. Kim Brock was relentless in her review of the literature and checking that all references referred to in the article were correct. Sheena assisted considerably in the final editing of this document to ensure that it satisfied the appropriate word count.

The article was submitted to 'Topics in Stroke Rehabilitation' on the 20th May 2008, and was accepted for publication on the 8th September, 2008. We have been patiently waiting for its publication since that date!!

Your working group is delighted that this article has finally been published in 'Topics in Stroke Rehabilitation' and that an article detailing the theoretical framework on which the Bobath concept is based in contemporary clinical practice is now available in a peer reviewed journal.

Please do not hesitate to contact any one of us for any further clarification if required.

Sincerely,
Julie Vaughan-Graham
Libby Swain
Cathy Eustace
Kim Brock
Sheena Irwin-Carruthers