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**Original article:**

**Can icing is help to reduce Spasticity, improving ankle range of motion and gait velocity in post stroke subjects**

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**Abstract:**

**Background:** Stroke (CVA) is the leading cause of morbidity in the elderly population that affects movements. Stroke is the third leading cause of mortality in most countries around the globe.The most commonly we found spasticity in strokes patients and Spasticity management is an imperative one in the rehabilitation programme, which can be attained through cryotherapy.

**Methodology:** Total 30 participant who are hemiplegic patients with plantar flexor spasticity and walk independently were included in this study. The measurement like spasticity ankle range of motion and gait velocity measured with Modified Ashworth Scale, goneometry and velocity formula.

**Results :** The t tab value for each measure is 2.045 and t cal value for spaticity is 4.67, for PROM for ankle joint 9.07 and for gait velocity it is 13.47. these t tab and t cal value are statistically significant.

**Conclusion:** It is concluded from our study that icing decreases spasticity, and increases range of motion of ankle there by improving gait velocity.

**Key Words:** Icing, Spasiticy, PROM, Gait Velocity etc.