



Effekten av trening med høy intensitet sammenlignet med lav intensitet på arm/gang-funksjon, balanse og ADL-funksjon. PICO 3.2.

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Søk: Malene Wøhlk Gundersen
Kommentar: Søk etter systematiske oversikter og RCT-er.
Tidsbruk: timer

Dublettsjekk i EndNote:

Før dublettkontroll:

SR: 844

RCT: 2710

Etter dublettkontroll:

SR: 611

RCT: 1691

PICO-skjema:

Hva handler spørsmålet om?	Spørsmålet i PICO format			
	Populasjon	Intervensjon	Sammenligning	Utfall
Hos slagpasienter med pareser – fører motorisk trening med høy intensitet for å bedre arm-/gangfunksjon eller balanse – i tidlig eller sen fase (> 3 mnd) – til bedret funksjon enn trening med lav intensitet?	Slagpasienter med pareser	Trening med høy intensitet	Trening med lav intensitet	Arm-/gangfunksjon, balanse, ADL-funksjon

Database: Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily and Ovid MEDLINE(R) 1946 to Present
Dato: 10.03.2016
Antall treff: 717 (294 SR og 446 RCT)

#	Searches	Results
1	stroke/	70052
2	cerebrovascular disorders/	44224
3	basal ganglia cerebrovascular disease/	191
4	basal ganglia hemorrhage/	126
5	putaminal hemorrhage/	109
6	brain ischemia/	39966
7	brain infarction/	3567



8	brain stem infarctions/	612
9	lateral medullary syndrome/	642
10	cerebral infarction/	20013
11	dementia, multi-infarct/	1087
12	infarction, anterior cerebral artery/	197
13	infarction, middle cerebral artery/	6304
14	infarction, posterior cerebral artery/	226
15	hypoxia-ischemia, brain/	4191
16	cavernous sinus thrombosis/	305
17	sagittal sinus thrombosis/	172
18	sinus thrombosis, intracranial/	2589
19	subarachnoid hemorrhage/	17650
20	"intracranial embolism and thrombosis"/	8702
21	intracranial embolism/	4524
22	intracranial thrombosis/	2066
23	(stroke or cerebrovasc* or brain vas* or cerebral vas* or cva* or apoplex* or poststroke* or post-stroke*).tw.	209377
24	((brain* or cerebr* or cerebell* or vertebrobasilar or hemispher* or intracran* or intracerebral or infratentorial or supratentorial or MCA or anterior circulation or posterior circulation or basal ganglia) adj5 (isch?emi* or infarct* or thrombo* or emboli*)).tw.	81853
25	((brain* or cerebr* or cerebell* or intracerebral or intracran* or parenchymal or intraventricular or infratentorial or supratentorial or basal gangli*) adj5 (haemorrhag* or hemorrhag* or haematoma* or hematoma* or bleed*)).tw.	44958
26	or/1-25	348047
27	exercise movement techniques/	475
28	dance therapy/	243
29	tai ji/	721
30	yoga/	1797
31	physical therapy modalities/	30881
32	exercise therapy/	29627



33	plyometric exercise/	162
34	resistance training/	4377
35	locomotion/	20378
36	running/	14821
37	jogging/	737
38	swimming/	14402
39	walking/	23283
40	dependent ambulation/	122
41	motor activity/	84707
42	exercise/	75491
43	circuit-based exercise/	16
44	physical conditioning, human/	542
45	resistance training/	4377
46	rehabilitation/	17068
47	occupational therapy/	11191
48	Stroke/rh	8642
49	Therapy, Computer-Assisted/	5516
50	Robotics/	15869
51	movement/	62813
52	((physical adj2 therap*) or physiotherap* or occupational therap* or exercis* or training).tw.	496235
53	(physical adj3 (exercise\$ or exertion or endurance or therap\$ or conditioning or activit\$ or fitness)).tw.	107432
54	(exercise adj3 (train\$ or intervention\$ or protocol\$ or program\$ or therap\$ or activit\$ or regim\$)).tw.	38591
55	(fitness adj3 (train\$ or intervention\$ or protocol\$ or program\$ or therap\$ or activit\$ or regim\$ or centre\$ or center\$)).tw.	4214
56	((training or conditioning) adj3 (intervention\$ or protocol\$ or program\$ or activit\$ or regim\$)).tw.	49411
57	(sport\$ or recreation\$ or leisure or cycling or bicycl\$ or rowing or treadmill\$ or running or circuit training or swim\$ or walk\$ or dance\$ or dancing or tai ji or tai chi or yoga).tw.	296444
58	((endurance or aerobic or cardio\$) adj3 (fitness or train\$ or intervention\$ or protocol\$ or program\$	41177



	or therap\$ or activit\$ or regim\$).tw.	
59	(muscle strengthening or progressive resist\$).tw.	1437
60	((weight or strength\$ or resistance) adj (train\$ or lift\$ or exercise\$)).tw.	12944
61	((isometric or isotonic or eccentric or concentric) adj (action\$ or contraction\$ or exercise\$)).tw.	9842
62	or/27-61	1004442
63	26 and 62	29366
64	(intensi* or dose* or dosage* or time or duration or amount or quantity or distance* or speed or frequenc* or increase* or repetition*).ti.	732693
65	63 and 64	1393
66	((intensity or intensive or intensities or dose* or dosage or amount) adj5 (exercise* or training* or intervention* or treatment* or therap* or physiotherapy* or practice or high or low or less or lesser or increas*)).tw.	540016
67	63 and 66	1972
68	65 or 67	2965
69	((systematic* or literature) adj2 review*).mp.	184642
70	(metaanalys* or meta analys*).mp. or (meta analysis or review).pt.	2134690
71	or/69-70	2194162
72	68 and 71	428
73	limit 72 to yr="2005 -Current"	294
74	randomized controlled trial.pt. or (placebo or sham).tw. or randomi#ed.ti. or randomly.tw.	711355
75	68 and 74	582
76	limit 75 to yr="2005 -Current"	446
77	73 or 76	717

Database: Embase 1974 to 2016 March 09

Dato: 10.03.2016

Antall treff: 953 (195 SR og 882 RCT)

#	Searches	Results
1	cerebrovascular accident/	119009



2	cerebrovascular disease/	51248
3	basal ganglion hemorrhage/	398
4	putaminal hemorrhage/	73
5	brain ischemia/	94938
6	brain infarction/	40827
7	brain stem infarction/	1118
8	Wallenberg syndrome/	787
9	brain infarction/	40827
10	multiinfarct dementia/	9532
11	cerebral artery disease/	3777
12	hypoxic ischemic encephalopathy/	3617
13	cavernous sinus thrombosis/	1381
14	sagittal sinus thrombosis/	486
15	cerebral sinus thrombosis/	4242
16	subarachnoid hemorrhage/	33509
17	thromboembolism/	58599
18	brain embolism/	6009
19	occlusive cerebrovascular disease/	7855
20	(stroke or cerebrovasc* or brain vasc* or cerebral vasc* or cva* or apoplex* or poststroke* or post-stroke*).tw.	311502
21	((brain* or cerebr* or cerebell* or vertebrobasilar or hemispher* or intracran* or intracerebral or infratentorial or supratentorial or MCA or anterior circulation or posterior circulation or basal ganglia) adj5 (isch?emi* or infarct* or thrombo* or emboli*)).tw.	112668
22	((brain* or cerebr* or cerebell* or intracerebral or intracran* or parenchymal or intraventricular or infratentorial or supratentorial or basal gangli*) adj5 (haemorrhag* or hemorrhag* or haematoma* or hematoma* or bleed*)).tw.	63689
23	or/1-22	569790
24	kinesiotherapy/	26375
25	arm exercise/	1382
26	closed kinetic chain exercise/	75



27	dynamic exercise/	1963
28	exercise recovery/	799
29	isokinetic exercise/	2078
30	isometric exercise/	3018
31	movement therapy/	1753
32	muscle training/	5842
33	neuromuscular facilitation/	228
34	open kinetic chain exercise/	57
35	pilates/	279
36	plyometrics/	292
37	static exercise/	542
38	stretching exercise/	1779
39	tai chi/	1829
40	yoga/	5023
41	physical activity/	99461
42	cycling/	8306
43	jogging/	1509
44	jumping/	4260
45	lifting effort/	762
46	running/	17605
47	stretching/	4225
48	swimming/	17368
49	walking/	48366
50	weight bearing/	22219
51	weight lifting/	4103
52	exercise/	212943
53	aerobic exercise/	9060
54	anaerobic exercise/	571



55	aquatic exercise/	301
56	circuit training/	47
57	endurance training/	3248
58	resistance training/	8572
59	static exercise/	542
60	muscle exercise/	4975
61	isotonic exercise/	380
62	fitness/	32324
63	endurance/	17930
64	physiotherapy/	64843
65	locomotion/	56077
66	motor activity/	43283
67	rehabilitation/	66421
68	occupational therapy/	19012
69	cerebrovascular accident/rh [Rehabilitation]	3331
70	computer assisted therapy/	3776
71	robotics/	27347
72	((physical adj2 therap*) or physiotherap* or occupational therap* or exercis* or training).tw.	655201
73	(physical adj3 (exercise\$ or exertion or endurance or therap\$ or conditioning or activit\$ or fitness)).tw.	145063
74	(exercise adj3 (train\$ or intervention\$ or protocol\$ or program\$ or therap\$ or activit\$ or regim\$)).tw.	52301
75	(fitness adj3 (train\$ or intervention\$ or protocol\$ or program\$ or therap\$ or activit\$ or regim\$ or centre\$ or center\$)).tw.	5371
76	((training or conditioning) adj3 (intervention\$ or protocol\$ or program\$ or activit\$ or regim\$)).tw.	68775
77	(sport\$ or recreation\$ or leisure or cycling or bicycl\$ or rowing or treadmill\$ or running or circuit training or swim\$ or walk\$ or dance\$ or dancing or tai ji or tai chi or yoga).tw.	380313
78	((endurance or aerobic or cardio\$) adj3 (fitness or train\$ or intervention\$ or protocol\$ or program\$ or therap\$ or activit\$ or regim\$)).tw.	57701
79	(muscle strengthening or progressive resist\$).tw.	1885



80	((weight or strength\$ or resistance) adj (train\$ or lift\$ or exercise\$)).tw.	16064
81	((isometric or isotonic or eccentric or concentric) adj (action\$ or contraction\$ or exercise\$)).tw.	11416
82	or/24-81	1357946
83	23 and 82	47793
84	(intensi* or dose* or dosage* or time or duration or amount or quantity or distance* or speed or frequenc* or increase* or repetition*).ti.	899612
85	83 and 84	2223
86	((intensity or intensive or intensities or dose* or dosage or amount) adj5 (exercise* or training* or intervention* or treatment* or therap* or physiotherapy* or practice or high or low or less or lesser or increas*)).tw.	716864
87	83 and 86	3281
88	exercise intensity/	5599
89	23 and 88	222
90	85 or 87 or 89	4927
91	meta analysis/ or "systematic review"/	167772
92	((systematic* adj2 review*) or metaanalys* or meta analys*).tw.	181033
93	91 or 92	230826
94	90 and 93	216
95	limit 94 to yr="2005 -Current"	195
96	randomized controlled trial/	396749
97	(randomi#ed or placebo).mp.	983834
98	96 or 97	983834
99	90 and 98	1062
100	limit 99 to yr="2005 -Current"	882
101	95 or 100	953



Database: The Cochrane Library (*Cochrane Database of Systematic Reviews: Issue 3 of 12, March 2016; Database of Abstracts of Reviews of Effect: Issue 2 of 4, April 2015; Cochrane Central Register of Controlled Trials: Issue 2 of 12, February 2016; Health Technology Assessment Database: Issue 1 of 4, January 2016*)

Dato: 10.03.2016

Antall treff: 762 (49 SR og 713 RCT)

ID	Search	Hits
#1	[mh ^stroke]	5837
#2	[mh ^"Cerebrovascular Disorders"]	1447
#3	[mh ^"basal ganglia cerebrovascular disease"]	11
#4	[mh ^"basal ganglia hemorrhage"]	9
#5	[mh ^"putaminal hemorrhage"]	6
#6	[mh ^"brain ischemia"]	1217
#7	[mh ^"brain infarction"]	60
#8	[mh ^"brain stem infarctions"]	6
#9	[mh ^"lateral medullary syndrome"]	6
#10	[mh ^"cerebral infarction"]	542
#11	[mh ^"dementia, multi-infarct"]	62
#12	[mh ^"infarction, anterior cerebral artery"]	4
#13	[mh ^"infarction, middle cerebral artery"]	106
#14	[mh ^"infarction, posterior cerebral artery"]	3
#15	[mh ^"hypoxia-ischemia, brain"]	141
#16	[mh ^"cavernous sinus thrombosis"]	0
#17	[mh ^"sagittal sinus thrombosis"]	0
#18	[mh ^"sinus thrombosis, intracranial"]	11
#19	[mh ^"subarachnoid hemorrhage"]	488
#20	[mh ^"intracranial embolism and thrombosis"]	84
#21	[mh ^"intracranial embolism"]	127
#22	[mh ^"intracranial thrombosis"]	35
#23	(stroke or cerebrovasc* or brain next vasc* or cerebral next vasc* or cva* or apoplex* or poststroke* or post-stroke*):ti,ab,kw	33638
#24	((brain* or cerebr* or cerebell* or vertebrobasilar or hemispher* or intracran* or intracerebral or infratentorial or supratentorial or MCA or anterior next circulation or posterior next circulation or basal next ganglia) near/5 (isch*emi* or infarct* or thrombo* or emboli*)):ti,ab,kw	7441
#25	((brain* or cerebr* or cerebell* or intracerebral or intracran* or parenchymal or intraventricular or infratentorial or supratentorial or basal next gangli*) near/5 (haemorrhag* or hemorrhag* or haematoma* or hematoma* or bleed*)):ti,ab,kw	4649



#26	{or #1-#25}	39762
#27	[mh ^"exercise movement techniques"]	153
#28	[mh ^"dance therapy"]	54
#29	[mh ^"tai ji"]	304
#30	[mh ^yoga]	451
#31	[mh ^"physical therapy modalities"]	3097
#32	[mh ^"exercise therapy"]	7109
#33	[mh ^"plyometric exercise"]	53
#34	[mh ^"resistance training"]	1757
#35	[mh ^locomotion]	317
#36	[mh ^running]	1401
#37	[mh ^jogging]	44
#38	[mh ^swimming]	300
#39	[mh ^walking]	3132
#40	[mh ^"dependent ambulation"]	13
#41	[mh ^"motor activity"]	3371
#42	[mh ^exercise]	11374
#43	[mh ^"circuit-based exercise"]	5
#44	[mh ^"physical conditioning, human"]	143
#45	[mh ^"resistance training"]	1757
#46	[mh ^rehabilitation]	422
#47	[mh ^"occupational therapy"]	637
#48	[mh ^"Therapy, Computer-Assisted"]	954
#49	[mh ^stroke/RH]	1628
#50	[mh ^Robotics]	677
#51	[mh ^movement]	2244
#52	((physical near/2 therap* or physiotherap* or occupational next therap* or exercis* or training):ti,ab,kw	78646
#53	(physical near/3 (exercise* or exertion or endurance or therap* or conditioning or activit* or fitness)):ti,ab,kw	25573
#54	(exercise near/3 (Train* or intervention* or protocol* or program* or therap* or activit* or regim*)):ti,ab,kw	18717
#55	(fitness near/3 (Train* or intervention* or protocol* or program* or therap* or activit* or regim* or centre* or center*)):ti,ab,kw	1560
#56	((training or conditioning) near/3 (intervention* or protocol* or program* or activit* or regim*)):ti,ab,kw	8640



#57	(sport* or recreation* or leisure or cycling or bicycl* or rowing or treadmill* or running or circuit next training or swim* or walk* or Dance* or dancing or tai next ji or tai next chi or yoga):ti,ab,kw	29718
#58	((endurance or aerobic or cardio*) near/3 (fitness or Train* or intervention* or protocol* or program* or therap* or activit* or regim*)):ti,ab,kw	10992
#59	(muscle next strengthening or progressive next resist*):ti,ab,kw	640
#60	((weight or strength* or resistance) near/1 (Train* or lift* or exercise*)):ti,ab,kw	6209
#61	((isometric or isotonic or eccentric or concentric) near/1 (action* or contraction* or exercise*)):ti,ab,kw	2271
#62	{or #27-#61}	104150
#63	#26 and #62	7068
#64	(intensi* or dose* or dosage* or time or duration or amount or quantity or distance* or speed or frequenc* or increase* or repetition*):ti	80126
#65	#63 and #64	511
#66	((intensity or intensive or intensities or dose* or dosage or amount) near/5 (exercise* or training* or intervention* or treatment* or therap* or physiotherapy* or practice or high or low or less or lesser or increas*)):ti,ab,kw	93004
#67	#63 and #66	903
#68	#65 or #67 Publication Year from 2005 to 2016, in Cochrane Reviews (Reviews and Protocols), Other Reviews and Technology Assessments	49
#69	(#65 or #67) and (random* or placebo* or sham*) Publication Year from 2005 to 2016, in Trials	713
#70	#68 or #69	762

Database: Cinahl via Ebsco
Dato: 10.03.2016
Antall treff: 306 (135 SR og 221 RCT)

#	Query	Results
S1	(MH "Stroke")	35,988
S2	(MH "Cerebrovascular Disorders")	3,486
S3	(MH "Basal Ganglia Cerebrovascular Disease")	22
S4	(MH "Basal Ganglia Hemorrhage")	7
S5	(MH "Cerebral Ischemia")	5,298
S6	(MH "Brain") AND (MH "Infarction")	494



S7	(MH "Dementia, Multi-Infarct")	211
S8	((MH "Middle Cerebral Artery") OR (MH "Posterior Cerebral Artery") OR (MH "Anterior Cerebral Artery")) AND (MH "Infarction")	13
S9	(MH "Hypoxia-Ischemia, Brain")	373
S10	(MH "Cavernous Sinus Thrombosis")	20
S11	(MH "Sinus Thrombosis, Intracranial")	68
S12	(MH "Subarachnoid Hemorrhage")	1,907
S13	(MH "Intracranial Embolism and Thrombosis")	872
S14	(MH "Intracranial Embolism")	188
S15	(MH "Intracranial Thrombosis")	120
S16	TI ((stroke or cerebrovasc* or brain vas* or cerebral vas* or cva* or apoplex* or poststroke* or post-stroke*)) OR AB ((stroke or cerebrovasc* or brain vas* or cerebral vas* or cva* or apoplex* or poststroke* or post-stroke*))	44,627
S17	TI (((brain* or cerebr* or cerebell* or vertebrobasilar or hemispher* or intracran* or intracerebral or infratentorial or supratentorial or MCA or anterior circulation or posterior circulation or basal ganglia) N5 (isch#emi* or infarct* or thrombo* or emboli*))) OR AB (((brain* or cerebr* or cerebell* or vertebrobasilar or hemispher* or intracran* or intracerebral or infratentorial or supratentorial or MCA or anterior circulation or posterior circulation or basal ganglia) N5 (isch#emi* or infarct* or thrombo* or emboli*)))	7,654
S18	TI (((brain* or cerebr* or cerebell* or intracerebral or intracran* or parenchymal or intraventricular or infratentorial or supratentorial or basal gangli*) N5 (haemorrhag* or hemorrhag* or haematoma* or hematoma* or bleed*))) OR AB (((brain* or cerebr* or cerebell* or intracerebral or intracran* or parenchymal or intraventricular or infratentorial or supratentorial or basal gangli*) N5 (haemorrhag* or hemorrhag* or haematoma* or hematoma* or bleed*)))	5,375
S19	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18	63,260
S20	(MH "Therapeutic Exercise")	12,661



S21	(MH "Abdominal Exercises")	142
S22	(MH "Back Exercises")	26
S23	(MH "Closed Kinetic Chain Exercises")	266
S24	(MH "Conditioning, Cardiopulmonary")	173
S25	(MH "Group Exercise")	386
S26	(MH "Lower Extremity Exercises")	164
S27	(MH "Motion Therapy, Continuous Passive")	233
S28	(MH "Neuromuscular Facilitation")	770
S29	(MH "Open Kinetic Chain Exercises")	136
S30	(MH "Pilates")	432
S31	(MH "Plyometrics")	441
S32	(MH "Aquatic Exercises")	690
S33	(MH "Aerobic Exercises")	3,627
S34	(MH "Resistance Training")	651
S35	(MH "Isotonic Exercises")	112
S36	(MH "Isometric Exercises")	1,234
S37	(MH "Isokinetic Exercises")	1,415
S38	(MH "Muscle Strengthening")	9,148
S39	(MH "Arm Exercises")	24
S40	(MH "Upper Extremity Exercises")	158
S41	(MH "Dance Therapy")	185
S42	(MH "Tai Chi")	1,091
S43	(MH "Yoga")	2,411



S44	(MH "Physical Therapy")	21,708
S45	(MH "Walking")	11,182
S46	(MH "Locomotion")	661
S47	(MH "Sports+")	41,032
S48	(MH "Motor Activity")	4,292
S49	(MH "Exercise")	24,673
S50	(MH "Callisthenics")	13
S51	(MH "Stretching")	2,999
S52	(MH "Rehabilitation")	11,042
S53	(MH "Occupational Therapy")	13,645
S54	(MH "Stroke/RH")	7,694
S55	(MH "Therapy, Computer Assisted")	2,296
S56	(MH "Robotics")	3,082
S57	(MH "Movement")	6,141
S58	TI (((physical N2 therap*) or physiotherap* or occupational therap* or exercis* or training)) OR AB (((physical N2 therap*) or physiotherap* or occupational therap* or exercis* or training))	151,688
S59	TI ((physical N3 (exercise* or exertion or endurance or therap* or conditioning or activit* or fitness))) OR AB ((physical N3 (exercise* or exertion or endurance or therap* or conditioning or activit* or fitness)))	38,127
S60	TI ((exercise N3 (train* or intervention* or protocol* or program* or therap* or activit* or regim*))) OR AB ((exercise N3 (train* or intervention* or protocol* or program* or therap* or activit* or regim*)))	14,996
S61	TI ((fitness N3 (train* or intervention* or protocol* or program* or therap* or activit* or regim* or centre* or center*))) OR AB ((fitness N3 (train* or intervention* or protocol* or program* or therap* or activit* or regim* or centre* or center*)))	2,050



S62	TI (((training or conditioning) N3 (intervention* or protocol* or program* or activit* or regim*))) OR AB (((training or conditioning) N3 (intervention* or protocol* or program* or activit* or regim*)))	15,481
S63	TI ((sport* or recreation* or leisure or cycling or bicycl* or rowing or treadmill* or running or circuit training or swim* or walk* or dance* or dancing or tai ji or tai chi or yoga)) OR AB ((sport* or recreation* or leisure or cycling or bicycl* or rowing or treadmill* or running or circuit training or swim* or walk* or dance* or dancing or tai ji or tai chi or yoga))	61,312
S64	TI (((endurance or aerobic or cardio*) N3 (fitness or train* or intervention* or protocol* or program* or therap* or activit* or regim*))) OR AB (((endurance or aerobic or cardio*) N3 (fitness or train* or intervention* or protocol* or program* or therap* or activit* or regim*)))	9,584
S65	TI ((muscle strengthening or progressive resist*)) OR AB ((muscle strengthening or progressive resist*))	1,035
S66	TI (((weight or strength* or resistance) N1 (train* or lift* or exercise*))) OR AB (((weight or strength* or resistance) N1 (train* or lift* or exercise*)))	7,332
S67	TI (((isometric or isotonic or eccentric or concentric) N1 (action* or contraction* or exercise*))) OR AB (((isometric or isotonic or eccentric or concentric) N1 (action* or contraction* or exercise*)))	2,121
S68	S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43 OR S44 OR S45 OR S46 OR S47 OR S48 OR S49 OR S50 OR S51 OR S52 OR S53 OR S54 OR S55 OR S56 OR S57 OR S58 OR S59 OR S60 OR S61 OR S62 OR S63 OR S64 OR S65 OR S66 OR S67	292,456
S69	TI ((intensi* or dose* or dosage* or time or duration or amount or quantity or distance* or speed or frequenc* or increase* or repetition*))	99,414
S70	S19 AND S68 AND S69	644
S71	TI (((intensity or intensive or intensities or dose* or dosage or amount) N5 (exercise* or training* or intervention* or treatment* or therap* or physiotherapy* or practice or high or low or less or lesser or increas*))) OR AB (((intensity or intensive or intensities or dose* or dosage or amount) N5 (exercise* or training* or intervention* or treatment* or	41,345



	therap* or physiotherapy* or practice or high or low or less or lesser or increas*)))	
S72	S19 AND S68 AND S71	733
S73	(MH "Exercise Intensity")	6,832
S74	S19 AND S68 AND S73	199
S75	S70 OR S72 OR S74	1,295
S76	(MH "Systematic Review")	25,187
S77	(MH "Literature Review")	3,554
S78	(MH "Meta Analysis")	17,217
S79	PT systematic review OR PT review OR PT meta analysis	145,535
S80	TI ((metaanalys* or meta analys*)) OR AB ((metaanalys* or meta analys*))	17,465
S81	TI (((systematic* or literature) N2 review*)) OR AB (((systematic* or literature) N2 review*))	60,153
S82	S76 OR S77 OR S78 OR S79 OR S80 OR S81	182,913
S83	S75 AND S82 Limiters - Published Date: 20050101-20161231	135
S84	(MH "Randomized Controlled Trials")	25,696
S85	PT Randomized Controlled Trial	30,367
S86	TI (randomi?ed or placebo) OR AB (randomi?ed or placebo)	94,491
S87	S84 OR S85 OR S86	105,443
S88	S75 AND S87 Limiters - Published Date: 20050101-20161231	221
S89	S83 OR S88	306



Database: Epistemonikos
Dato: 11.03.2016
Antall treff: 405 totalt (90 SR og 315 RCT)

((stroke OR cerebrovasc* OR brain vas* OR cerebral vas* OR cva* OR apoplex* OR poststroke* OR post-stroke* OR ischemia* OR ischaemia* OR infarct* OR thrombo* OR emboli* OR haemorrhag* OR hemorrhag* OR haematoma* OR hematoma* OR bleed*)) AND ("physical therapy" OR physiotherapy OR "occupational therapy" OR exercise OR training OR exertion OR endurance OR fitness OR "physical activity" OR conditioning OR sport* OR recreation* OR leisure OR cycling OR bicycl* OR rowing OR treadmill* OR running OR "circuit training" OR swim* OR walk* OR dance* OR dancing OR "tai ji" OR "tai chi" OR yoga OR "muscle strengthening" OR "muscle strength" OR isometric OR isotonic OR eccentric OR concentric) AND title:(intensi* OR dose* OR dosage* OR time OR duration OR amount OR quantity OR distance* OR speed OR frequenc* OR increase* OR repetition*) from 2005 to 2016

Database: PubMed
Dato: 11.03.2016
Antall treff: 192 (81 SR og 133 RCT)

(((((stroke OR cerebrovasc* OR brain vas* OR cerebral vas* OR cva* OR apoplex* OR poststroke* OR post-stroke* OR ischemia* OR ischaemia* OR infarct* OR thrombo* OR emboli* OR haemorrhag* OR hemorrhag* OR haematoma* OR hematoma*)) AND ("physical therapy" OR physiotherapy OR "occupational therapy" OR exercise OR training OR exertion OR endurance OR fitness OR "physical activity" OR conditioning OR sport* OR recreation* OR leisure OR cycling OR bicycl* OR rowing OR treadmill* OR running OR "circuit training" OR swim* OR walk* OR dance* OR dancing OR "tai ji" OR "tai chi" OR yoga OR "muscle strengthening" OR "muscle strength" OR isometric OR isotonic OR eccentric OR concentric)) AND (intensi* OR dose* OR dosage* OR time OR duration OR amount OR quantity OR distance* OR speed OR frequenc* OR increase* OR repetition*)) AND (review* OR meta OR metaana* OR random* OR placebo* OR sham*)) AND pubstatusaheadofprint



Database: Best Practice

Dato: 11.03.2016

Antall treff: 1 (6)

Søk: stroke

Kommentar: Ettersom søkemulighetene er såpass begrensede i denne kilden vil det enkleste være å ta utgangspunkt i oppslaget *Overview of Stroke* og derfra gå inn under de relevante av de 6 underliggende oppslagene for å se om intensitet av trening er omtalt i noen av dem. Inngangen til *Overview of stroke* finnes her:

<http://bestpractice.bmj.com/best-practice/monograph/1080/overview/conditions.html>

Database: UpToDate

Dato: 11.03.2016

Antall treff: 300+ (de 20 mest relevante presentert under)

Søk: Stroke exercise

Cerebrovascular disease exercise

Treff:

-
- **Overview of aerobic exercise testing in children and adolescents**
 - **Overview of secondary prevention of ischemic stroke**
 - **Ischemic stroke in children: Secondary prevention**
 - **The benefits and risks of exercise**
 - **Physical activity and exercise in older adults**
 - **Intracranial large artery atherosclerosis**
 - **Functional exercise testing: Ventilatory gas analysis**
 - **Exercise capacity and VO₂ in heart failure**
 - **Carotid endarterectomy**
 - **Noninvasive diagnosis of arterial disease**
 - **Treatment of atrial septal abnormalities (PFO, ASD, and ASA) for prevention of stroke in adults**
 - **Overview of atrial fibrillation**
 - **Overview of the risk equivalents and established risk factors for cardiovascular disease**
 - **Posterior circulation cerebrovascular syndromes**
 - **Exercise physiology**
 - **Overview of primary prevention of coronary heart disease and stroke**

 - **Investigational therapies for treating symptoms of lower extremity peripheral artery disease**
 - **Cardiac rehabilitation in older adults**
 - **Effects of exercise in adults with diabetes mellitus**
 - **Exercise assessment and measurement of exercise capacity in patients with coronary heart disease**