

May et al. (2020)

- **The Effect of Mirror Therapy on Lower Extremity Motor Function and Ambulation in Post Stroke Patients: A Prospective Randomized Controlled Study**
 - 42 patients post stroke randomly assigned to a control group (conventional therapy) or conventional therapy in addition to 30min MT
 - MT included seated in chair with mirror between the legs performing ankle DF and PF with nonparetic limb only
 - Outcome measures: Brunnstrom stages of stroke recovery, FIM, BERG, Motricity Index, 6MWT, functional ambulatory category, MAS
 - Results: statistically significant effect in all outcomes measures except spasticity measured by the MAS, results were maintained 8 weeks post intervention at the week 12 follow up