# Article information:

A critical time window for recovery extends beyond one-year post-stroke | Journal of Neurophysiology  
<https://journals.physiology.org/doi/full/10.1152/jn.00762.2018>

# Article summary:

1. Stroke leads to a wide range of deficits, including motor impairments, cognitive and affective deficits, chronic pain, and depression.

2. There is evidence for a critical window of enhanced plasticity in the brain following stroke that can be used to facilitate recovery.

3. This study analyzed individual patient data from 219 subjects with upper-limb hemiparesis who underwent occupational therapy or virtual reality-based training, and found that physical therapy has a significant impact on UE function at all periods poststroke considered, extending beyond 12 months poststroke.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “A critical time window for recovery extends beyond one-year post-stroke” provides an analysis of individual patient data from 219 subjects with upper-limb hemiparesis who underwent occupational therapy or virtual reality-based training. The article is well written and provides clear evidence for the existence of a critical window of enhanced plasticity in the brain following stroke that can be used to facilitate recovery. The authors provide detailed information about the study design and methods used to collect data, which adds to its trustworthiness and reliability.

However, there are some potential biases in the article that should be noted. For example, the authors do not discuss any possible risks associated with the interventions used in this study (e.g., occupational therapy or virtual reality-based training). Additionally, they do not present both sides equally; instead they focus solely on the positive effects of physical therapy on UE function poststroke without exploring any potential counterarguments or alternative treatments that may also be effective in facilitating recovery after stroke. Furthermore, there is no mention of any promotional content or partiality in the article which could potentially influence readers’ opinions about physical therapy as an effective treatment for stroke recovery.

In conclusion, while this article provides clear evidence for the existence of a critical window of enhanced plasticity in the brain following stroke that can be used to facilitate recovery, it does have some potential biases which should be taken into consideration when evaluating its trustworthiness and reliability.

# Topics for further research:

* Risks associated with occupational therapy post-stroke
* Alternative treatments for stroke recovery
* Promotional content in stroke recovery research
* Partiality in stroke recovery research
* Benefits of virtual reality-based training post-stroke
* Long-term effects of physical therapy post-stroke

# Report location:

<https://www.fullpicture.app/item/71cf9d83540f21185c9b7c0c9bd7045e>