Proprioceptive training is effective in improving movement and motor dysfunction
A Systematic Review

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Introduction

Proprioception: sense of body position and motion.

- Important for movement
- Transfers to untrained motor tasks (1,2).

Aims:
1) Identify meaningful forms of proprioceptive training
2) Document proprioceptive and motor gains
3) Identify populations most responsive to such interventions

Methods

The databases of Medline (Ovid), CINAHL, PsycINFO (Ovid) and Scopus were systematically searched.

Results

- 3,700 Articles from keywords search
- 5,297 Articles identified
- Titles/abstracts screened (n = 5,297)
- Full-text screened (n = 162)
- 70 Articles included for final detailed review

Conclusions

- Large gains in proprioceptive function through active movement and balance interventions
- More research is needed to identify how long proprioceptive and motor improvements are retained after training
- Proprioceptive interventions lead to motor function improvement
- Proprioceptive training can be used to improve movement and motor dysfunction in a wide variety of populations

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