



## **Perfetti method as a comprehensive neurocognitive approach for post-stroke hemiplegia**

### **Método Perfetti como enfoque neurocognitivo integral para la hemiplejia post accidente cerebrovascular**

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In the treatment of patients with neurological sequelae, especially hemiplegia derived from cerebrovascular accident (CVA), it is urgent to reconsider the traditional therapeutic approach from a more comprehensive and neurocognitive perspective. In this sense, the Perfetti method, also called cognitive therapeutic exercise, represents a promising intervention strategy, which combines motor rehabilitation and cortical stimulation, aimed at recovering higher functions through the patient's sensory and motor reorganization. This approach, proposed by Carlo Perfetti, evolved more than 3 decades ago from initial concepts such as "cortical stimulation", to consolidate itself as a method focused on the re-education of movement through perception, attention, memory and language <sup>1,2</sup>. Unlike other physiotherapeutic models, Perfetti prioritizes the patient's active participation and cognitive ability to relearn movement. Hemiplegia, a frequent sequela after a stroke, involves motor and sensory dysfunction, severely affecting the patient's autonomy. The WHO already warned in 1970 about the clinical relevance of stroke, pointing out its high burden of disability and mortality <sup>3-5</sup>. In Bolivia, the situation is not unrelated, cerebrovascular diseases represent almost 10 % of annual deaths, with hemiplegia being one of the most frequent consequences <sup>6</sup>. In addition, there is a growing concern about cases of infantile hemiplegia, which are often underreported, which could also benefit from neurocognitive interventions <sup>7</sup>. The Perfetti method classifies patients into 3 levels according to their degree of involvement <sup>2,8</sup>, with exercises that stimulate the perception of movement and cortical reorganization. This methodology allows not only physical improvements, but also cognitive ones, activating brain areas involved in spatial recognition, tactile sensitivity and motor planning <sup>9,10</sup>. Systematic studies confirm its efficacy in post-stroke rehabilitation <sup>9</sup>, validating its use as a highly complex physiotherapeutic tool. In an environment where fragmented intervention models still persist, it is urgent to promote the implementation of the Perfetti method in institutional rehabilitation protocols. Its holistic approach not only improves the patient's functionality, but also dignifies their recovery process by recognizing the mind as an active part of the body. In conclusion, this method

should be promoted from university education, reinforced with public policies in neurological health and strengthened through applied research.

### **Conflict of interest**

The author declares that there is no conflict of interest.

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### **Ethical considerations**

The respective ethical considerations were made.

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