

Conclusion (Home rehabilitation of stroke patients with modular robotic tiles).

The purpose of this test has been to cover the experience of motivation and exercise in relation to home exercising of apoplexy patients in their private home on a modular robotic tile system; an untested tool in this context. Furthermore, the task has been to set up advantages and disadvantages when it comes to using the intelligent exercise tile [modular robotic tiles system] as a part of a collected municipal offer in relation to rehabilitation based on the citizens own evaluations. Both citizens exercised on the modular robotic tiles for ½ an hour twice a week during two weeks. This physical exercise took place alongside a municipal rehabilitation programme, which the respondents participated in as well.

When collecting the data, semi-structured individual interviews were employed. Moreover, it was complemented with observations both during the exercises on the intelligent exercise tile and during the municipal physiotherapy as a triangular tool. This was used to create a better basis for internal validation of the respondents' statements in connection to their experiences.

The respondents' perception of exercising on the intelligent exercise tile at home was set up as a contrast to theory concerning criteria that can function as observable results on the motivation.

Both respondents perceived the modular robotic tiles as exciting. They mentioned that it was fun to try something new and different. The element of competition when using the tile gave them a sense of challenge. Using the competitive element, they were able to compete against themselves and others. Likewise, they both experienced that the exercise benefitted them in their everyday life as it improved their balance. The respondents could imagine themselves using the tile beyond the time of intervention. Furthermore, they could imagine themselves using the tile in their own homes, but also as a part of the municipal rehabilitation programme.

The observations during the intervention manifested these statements. Both respondents seemed motivated while doing their exercises, they were focused, eager and they kept a high level of intensity during the entire process.

The perception of rehabilitation on the modular robotic tiles was compared with theory and empirical studies concerning the central elements that physiotherapy connected with apoplectic patients must include.

The respondents both found positive challenge when it came to their balance, coordination and circulation. Likewise, respondent B experienced that exercising on the intelligent tile had challenged his muscular system in both under-extremities. Moreover, respondent B stated that the tiles brought some cognitive challenges, as it required use of his ability to concentrate. Observations of sweat, cheek colour and an enhanced respiration confirmed the respondents' statements. Also, a progress in movement patterns on the tile was observed, e.g. the ability to use longer steps, stepping backwards and sideways during the games.

It must be underlined that the above-mentioned improvements in the respondents' physical ability cannot solely be related to the exercise on the intelligent exercise tile, but can as well represent a natural part of the pathological picture and the exercise in the municipal context.

During the exercise on the tile, alongside the municipal physiotherapy programme, the respondents made their own experiences concerning advantages and disadvantages when using the intelligent exercise tile as a part of a rehabilitation process. None of the respondents would prefer exercise solely on the tile over the municipal rehabilitation, but they experienced that the two methods complimented each other well and brought something different to the process.

Therefore, both respondents would prefer that the tile came in as part of the municipal rehabilitation programme. They would both like to use the tile at home as a tool for home exercises, and they would prefer that the tile could be used as a part of the municipal rehabilitation as well. In this way, the respondents would be able to experience a combined training as they both stated that the tile provided other possibilities in movement than they experienced in the municipal programme.