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EFFECT OF EARLY MIDRANGE FUNCTIONAL TRAINING FOR UPPER LIMB IN IMPROVING UPPER LIMB FUNCTION AND QUALITY OF LIFE AMONG PATIENTS WITH ACUTE STROKE.

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Background: Stroke also known as brain attack ranks as the second leading cause of death worldwide and is a major cause of disability. The activation and organization of muscle synergies are altered after stroke causing dysfunctional execution of voluntary movements. When corticospinal tract gets damaged after stroke, other descending pathways may be upregulated to compensate. The contribution of these pathways may emerge as new synergies which is result of plasticity along neural axis. This results in loss of independent joint control which disrupts the voluntary movements of upper limb and impairs the quality of life in stroke survivors. The study involves the application of early midrange training for upper limb function and quality of life for patients with acute stroke.

Objective: The review aims to find out the effectiveness of early midrange functional training for the upper limb in improving upper limb motor function and quality of life among patients with acute stroke.

Methods: Participants were selected based on inclusion and exclusion criteria. The selected participants are instructed with early midrange functional training. Early midrange functional training involves the application of suspension therapy and functional activity training. The targeted movements include the shoulder flexion and abduction which is essential for upper limb activity and quality of life in stroke survivors.

Results: Based on pretest and posttest analysis of upper limb function and quality of life using DASH questionnaire and stroke specific quality of life scale, midrange functional training improves the upper limb function and quality of life in acute stroke survivors.

Conclusion: The acute stroke survivors thrive with upper limb disability which impairs the quality of life. The application of midrange functional training in earlier stages is found to be most effective for enhancing the overall health of stroke patients.

Keywords:

Functional training, midrange, acute stroke, quality of life.