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Effectiveness of the modified constraint induced movement therapy versus mirror therapy in improving hand dexterity in patients with sub-acute stroke: A comparative study

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The aim is to compare the effectiveness of Modified Constraint Induced Movement Therapy (MCIMT) and Mirror Therapy (MT) in improving hand dexterity to patients with sub-acute stroke. 20 patients with sub-acute stroke were enrolled and divided into two groups: MCIMT and MT. Training for MCIMT was for 2 hours per day, 5 days per week for 5 weeks and training for mirror therapy was 2 hours per day, 5 days per week for 5 weeks with the help of assessment scales Fugl-Meyer Scale and Nine Hole Peg Scale, MCIMT and MT are proven efficient approaches with good functional outcomes in improving hand dexterity with the score of Fugl-Meyer and Nine Peg Hole Scale. The MCIMT combined with MT showed more improvement compared to MCIMT only group in the improvement of functions of hand dexterity for the patients with sub-acute stroke.

Biography

Snehalata Tiwari is currently pursuing Masters in Neurology. Her research effectiveness of the modified constraint induced movement therapy versus mirror therapy in improving hand dexterity in patients with sub-acute stroke mainly focuses on improving the fine movements of the patients which are used in ADL's and other motor functions with increase in motivational and functional activities of the patients.

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