

**DEVELOPMENT OF UPPER LIMB FUNCTIONAL
PERFORMANCE OF STROKE PATIENT; A
COMPARATIVE STUDY BETWEEN USE OF
FUNCTIONAL ACTIVITY AND
THERAPEUTIC ACTIVITY**

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Background:

Stroke places a tremendous physical and economical burden on society. One side of body part is most frequently affected in stroke. Impaired upper limb result in poor participation in ADL. All over the world occupational therapist using different activity based treatment program for stroke patient, but in Bangladeshi cultural context its effectiveness is not studied yet.

Aim of this study:

The intention of this study is to determine whether the use functional activity or therapeutic activity improve more functional performance of impaired upper limb of stroke patient.

Method:

Conveniently 14 patients with stroke were selected from outdoor Occupational Therapy department of the Centre for the Rehabilitation of the Paralysed (CRP). Systematically 7 patients were allocated to the functional activity group who were treated using functional activity and other 7 patients allocated to the therapeutic activity group who received therapeutic activity as treatment. Measurements were made by Functional

Independence Measure (FIM) scale. Improvement of upper limb functional performance measured by differences between pre-test and post-test score.

Result and discussion:

Subjects in the functional activity group showed significantly greater improvement in functional performance than the therapeutic activity group. This result emerged through statistical analysis of data using unrelated 't' test. Further research is required to generalize the results and evaluate the effectiveness of the treatment techniques for long-term rehabilitation.

Conclusion:

These findings suggest that use of functional activity as functional approach is more effective than therapeutic activity in management of impaired upper limb of stroke patient.

Key words:

CVA/stroke, Upper limb function, Treatment techniques (Functional activity, Therapeutic activity), Occupational Therapy.