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Version 1

Effect of Optimal Movement, Stretching and Strengthening Exercise to Prevent Shoulder Pain of Paraplegic Spinal Cord Injury Patient.d protocol V.1

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Protocol status: Working

We use this protocol and it's working

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Keywords: shoulder pain in paraplegic sci patient, exercise to prevent shoulder pain, prevent shoulder pain, shoulder pain index, paraplegic sci patient, shoulder pain, manual muscle testing, pain during functional activity, exercises with usual care, randomized control trial study, muscle strength by manual muscle testing, wheelchair user, wheelchair, strengthening exercise, muscle strength, stretching, testing

Abstract

This study was conducted to determine and compare the effect of optimal movement, stretching, and strengthening exercises with usual care to prevent shoulder pain in paraplegic SCI patients. Researchers used a Single blinded (assessor), Randomized control trial study (**CTRI/2020/04/025628**) design. Based on eligibility criteria, 80 participants were recruited from the inpatient SCI unit, CRP-Bangladesh, by hospital randomization technique. After that participants were allocated into an experimental group and a control group (40 vs 40) by computer generated randomization table. Primary outcome measurement was pain during functional activities by Wheelchair User's Shoulder Pain Index (WUSPI) and secondarily muscle strength by Manual Muscle Testing (MMT) and demographic and injury-related information. Pre-test data were taken 1 week after using the wheelchair and post-test data after 8 weeks (6 sessions/ week) of treatment.

Materials



Treatment protocol.pdf 847.3KB

