

MOBILIZATIONS OF UPPER LIMB IN CEREBROVASCULAR ACCIDENT PATIENT

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Summary: Acute cerebrovascular accident is the third cause of death and the first cause of disability in adults, specially in people over 65 years old. Of all the after-effects and complications, shoulder pain is the most common, delaying the rehabilitation process. 72% of patients suffer from shoulder pain at least once, although approximately half of them do not repeat. Objectives of the study: - Decrease joint pain upper limbs. - Increase active self-assisted and joint mobility. - Improve autonomy level. Materials and methodology: The study population consisted of 4 women and 8 men; average age was 76 years old, who have been under rehabilitation treatment through by means of pectorals major, biceps and deltoid stretching exercises, and passive, active assisted and active mobilization. Was applied on alternate days during 6 months, in 70 sessions of 30 minutes each. Materials used: pulleys, cones, spaghettis and wool. Results: Out of 12 patients, 50% improved their joint mobility, 33% remained stable and 17% worsened by external factors to treatment. These results were registered at the beginning and after 6 months, using articular goniometry and EVA scale. Conclusions: Our findings showed an improvement of the articular balance in flexion of 8.2% and 10.6% in extension. Pain remained stable. Key words: cerebrovascular, spasticity, painful shoulder, geriatrics.