

## A randomized controlled trial of constraint-induced movement therapy after stroke

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### Summary

**Objectives.** To evaluate the benefits of constraint-induced movement therapy (CIMT) relative to traditional intervention equal in treatment intensity and use of restraint with outside rehabilitation on motor performance and daily functions in stroke patients.

**Design.** Two-group randomized controlled trial (RCT).

**Setting.** Rehabilitation clinics.

**Subjects.** Twenty-two chronic stroke patients (mean time postonset of stroke = 18.9 months).

**Intervention.** The subjects were randomized to receive CIMT (restraint of the less affected limb combined with intensive training of the affected limb) or traditional intervention (control treatment) during the study. The treatment intensity was matched between the two groups (2 h/d, 5d/week for 3 wk). Both groups of patients received restraint of the less affected limb outside rehabilitation (ca. 3 h/d).

**Main measures.** Motor performance was evaluated using the Fugl-Meyer Assessment and the Motor Activity Log. Functional outcomes were evaluated using the Functional Independence Measure and the Nottingham extended activities of daily living scale.

**Results.** The CIMT group showed significantly greater improvements in motor performance, level of functional independence, and the mobility domain of extended activities of daily living.

**Conclusions.** This is the first RCT to show the benefits of CIMT relative to control treatment equal in amount of therapy, in improving motor performance and some aspects of basic and extended activities of daily living.

**Keywords:** Controlled clinical trials; occupational therapy; rehabilitation; stroke; functional outcomes.

### Introduction

Up to 85% of stroke survivors experience impairment of upper limb movement, leading to permanent

dependency on community care [10]. Constraint-induced movement therapy (CIMT) has been advocated to remediate upper limb impairment and functional ability. CIMT involves restraint of the less affected limb for an extended period and intense functionally oriented task practice of the affected limb [2, 8, 10].

Numerous studies [2, 8, 10] in stroke patients have shown that, in comparison with traditional intervention, CIMT can improve motor performance and functional use of the affected limb. However, a major concern about efficacy of CIMT is the lack of a study with an equal intensity control group [8]. CIMT involves training of the affected limb by shaping for several hour(s) per day over consecutive weeks while constraining use of the less affected upper extremity (UE) outside treatment sessions during this period to induce increased use of the affected limb. In contrast, traditional intervention involved training matched in the hours of training to the CIMT group but not in mitt use. The CIMT group arguably received more “treatment” during restraint wear outside rehabilitation, a possible confounding factor in previous research.

Previous research has studied the effects of CIMT on self-care ability or basic activities of daily living (ADL) performance. This study extended previous research by studying treatment outcomes in basic and extended ADL performance by using an equal intensity control group. We hypothesized that, compared to traditional intervention, CIMT would produce beneficial effects on movement performance and functional outcomes.

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# Constraint On Trial

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