EFFECTIVENESS OF MOVEMENT-BASED ACTION OBSERVATION THERAPY HOME EXERCISE PROGRAM IN TERMS OF IMPROVING UPPER EXTREMITY FUNCTION AMONG INDIVIDUALS WITH CHRONIC STROKE

Korrine Claire L. Alviar
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
alviar.kcl@gmail.com

Kenneth Bryan A. Facun
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
kennethfacun12@gmail.com

Norelle Geyll G. Jaranilla
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
norellegeyllj@gmail.com

Eds Joshua M. Pacomo
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
JoshuaPacomo123@yahoo.com

Lean Therese H. Samson
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
leansamson19@gmail.com

Gerardo M. Buhay, PTRP, MaEd
University of Perpetual Help-Dr. Jose G. Tamayo Medical University
PHILIPPINES
Buhay.gerardo@uphsl.edu.ph

ABSTRACT

Action observation therapy is one of the most recent interventions established that has a huge potential specially in terms of improving upper extremity function in stroke patients. Because the ease of application and feasibility, this intervention could be an effective intervention of stroke in the home setting. However, there is still a huge need to attest the applicability of the intervention in specific situations, including the phase of stroke. Aside from this, there are limited studies in terms of investigating the effectiveness of a movement-based action observation therapy home exercise program in improving upper extremity function of post-stroke individuals. The aim of the study is to determine the effectiveness of movement-based action observation therapy as a home exercise program in improving upper extremity function among chronic stroke individuals. A single-group pretest-posttest design has been used of which thirteen (13) participants with chronic stroke were purposively selected to receive a movement-based upper limb tasks coupled with action observation. The Fugl-Meyer Assessment of Upper Extremity is used to measure the upper extremity function of the participants before and after the exercise program of which lasted for 3 weeks in total. After data gathering, statistical data showed that there is a significant difference between the pretest and posttest scores of the participants ($-3.6742 > \pm 2.1788$). This indicates that there was a significant improvement in terms of the upper extremity function of the participants. The researchers concluded that movement-based action observation therapy home exercise program is an effective way of improving the upper extremity function of chronic stroke individuals.

Keywords: Movement-Based Action Observation Therapy, Upper Extremity Function, Chronic Stroke.