

## ACCEPTABILITY OF DEMARKEY EXERCISER FOR UPPER EXTREMITY CONDITIONS AMONG REGISTERED PHYSICAL THERAPIST

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### ABSTRACT

Upper extremity injuries involving the hand, wrist, and elbows are common and can result in pain, stiffness, and disability. Physical therapy using conventional equipment is a standard treatment for upper extremity injuries. However, time and availability issues with physical therapists can pose challenges for patients. The aim of this study is to develop and assess the acceptability of the DEMARKEY exerciser for upper extremity strengthening among licensed physical therapists. A descriptive study was conducted utilizing a modified standardized questionnaire. Thirty licensed physical therapists participated in the study. The questionnaire assessed individual features, functionality, materials, design, usability, safety, and general acceptability of the DEMARKEY exerciser. Weighted mean analysis was used to determine the degree of acceptability for each category. Results show that the device is moderately acceptable, with the highest acceptability scores for materials and safety; 4.47. Followed by moderate acceptability for functionality 4.31, features 4.03, and design 3.98 respectively. The DEMARKEY exerciser demonstrated moderate to high acceptability among licensed physical therapists. The high acceptability in materials and safety indicates the device's reliability. The DEMARKEY exerciser for upper extremity strengthening was proven acceptable. Its features, functionality, materials, design, and safety were found to be moderately to highly acceptable among licensed physical therapists.

**Keywords:** Upper Extremity strengthening, Acceptability, Physical Therapist, Rehabilitation