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Disability and Rehabilitation > Volume 37, 2015 - Issue 7

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Review

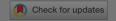
Effect of trunk-restraint training on function and compensatory trunk, shoulder and elbow patterns during post-stroke reach: a systematic review

Liza M. Pain

Ross Baker, Denyse Richardson & Anne M. R. Agur Pages 553-562 | Received 01 Dec 2013, Accepted 04 Jun 2014, Published online: 25 Jun 2014

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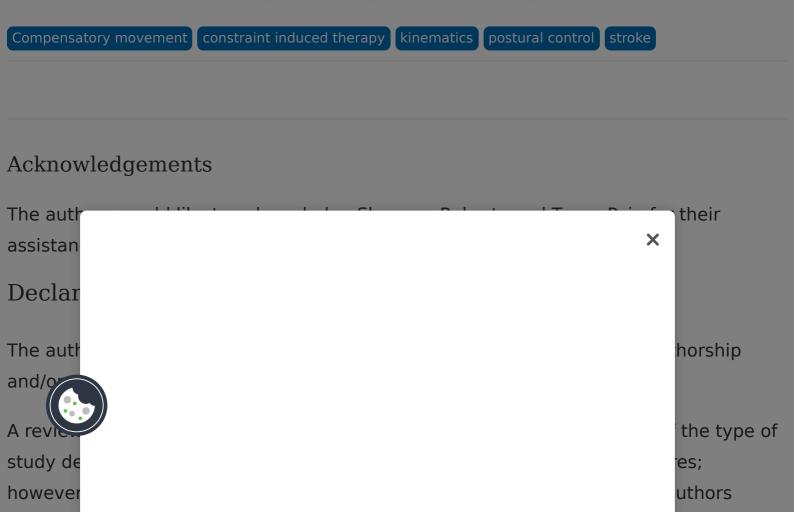
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displacement (4/5 RCTs), increased elbow extension (3/5 RCTs) and increased shoulder flexion (2/5 RCTs). All significant between-group differences fell within the Body Structure/Function domain of the ICF. Conclusions: Trunk restraint is a simple, cost-effective technique that may help to reduce compensatory trunk/shoulder/elbow movements in the post-stroke adult population. Synthesis of study outcomes also highlights applications of TR to clinical practice and areas for further research.

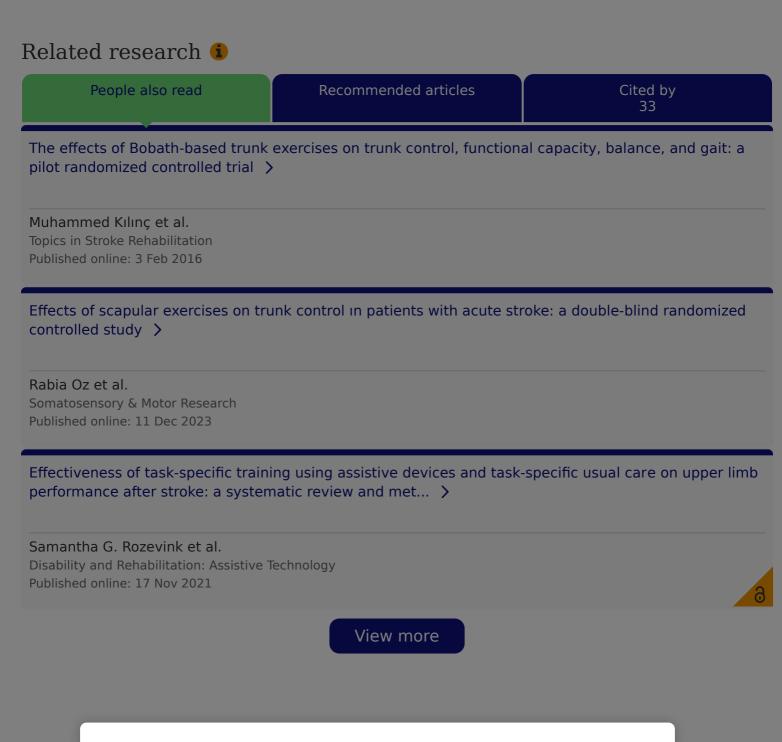
Implications for Rehabilitation

- The ability to use the shoulder and elbow to perform functional reach is a primary goal in post-stroke recovery; however, compensatory trunk movements are often used to achieve the reaching goal.
- Long-term use of compensatory strategies may contribute to secondary impairments, such as learned non-use, joint contractures and pain.
- Trunk restraint enables functional reach practice, while limiting compensatory strategies in the moderately to severely impaired stroke population.



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