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Ensayo Clínico Controlado: Técnica de Miofeedback en Actividades de la Vida Diaria Básicas en personas secuestradas de un Accidente Cerebro Vascular.

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Randomized Controlled Trial: Myofeedback in Basic Activity of the Daily Living in Stroke

Introduction: The Stroke is the second reason of death in Chile and its sequels (motor, cognitive, etc) affect the occupational performance, causing dependence in Basic Activities of the Daily Living (BADL): 50% needs assistance to take a bath, 30% to dress and 10% to personal hygiene. The functional recovery and independence is the aim of the rehabilitation, but there exists scanty evidence of effective techniques for chronic users with stroke, doing necessarily to know techniques that facilitate this process.

The Myofeedback has gone to the relearning of aislated and repetitive movement, but these techniques ¿Could help to learning of activities with purpose in an environment context?

Objective: The objective of this work is compare the motor function, occupational function and satisfaction of movement of stroke patients that participate in Myofeedback Programe oriented to a BADL (experimental group) v/s a Control Group.

Methods: There are two groups divided to random (14 patient in whole), both work in BADL chosen for each patients, everyone have 10 individuals session, twice a week.

Experimental Group: Myofeedback Programan.

Control Group: traditional session of occupational therapy.

Double blinded evaluators apply tests for the following: motor function, occupational function and satisfaction of movement to initial and final of treatment.

Results: In 3 of the 5 initial test, the control group presents better performances, after the intervention the Experimental Group achieves results similar to Control Group in occupational function: in motor and satisfaction function, both groups improved their results, but without significance differences.

Analyzing the groups independently (student's test), the Experimental Group has significant improvements in 7 of the 8 test and Control Group improve only in one test ($p=0.046$).

Conclusions: The Experimental Group began his intervention whit lower scores than Control Group, but the end of intervention both groups improve their performance, achieved similar scores in the test, show a greater independence in the BADL. The results show the myofeedback generates significant changes in the participants, allowing to generate evidence of the use of occupation as a therapeutic means, and technology for rehabilitation.