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Effectiveness of static weight bearing versus modified constraint induced movement therapy on improving hand function in hemiplegic cerebral palsy- A Randomized Clinical Trial.

Ruth Bavighar

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1. **Title:** Effectiveness of static weight bearing versus modified constraint induced movement therapy on improving hand function in hemiplegic cerebral palsy- A Randomized Clinical Trial. **Authors:** Ruth Bavighar, Amitesh Narayan, Shyam Krishnan. **KEYWORDS-** Hemiplegic CP, static weight bearing, m-CIMT

Abstract

Objective: To evaluate the effectiveness of static weight bearing on hand functions compared to m-CIMT in children with hemiplegic CP. **Methods:** Design- Randomized clinical trial. Subjects randomized into two groups – one group received static weight bearing exercises and the other group were given M-CIMT. PDMS-2 (FMC) pre-and post-interventions after 2 weeks used as an outcome measure. **Results: SWB-** The percentage change (post intervention) for Grasping and VMI subtest were 37.67% and 14.11% respectively. Similarly, the mean difference (post intervention) for Grasping and VMI subtest were 12.79 and 15.89 respectively. **m-CIMT-** The percentage change (post intervention) for Grasping and VMI subtest were 12.78% and 4.88% respectively. Similarly, the mean difference (post intervention) for Grasping and VMI subtest were 5.05 and 5.89 respectively. Level of significance ($p < 0.01$). **Conclusion:** The SWB group showed significant positive differences post intervention on both fine motor subtests of PDMS-2 scale (Grasping & VMI), compared to m-CIMT; hence, more positive changes in fine motor skills.