

# Perbandingan efektivitas latihan Graded Repetitive Arm Supplementary Program dengan latihan Modified Constraint-Induced Movement Therapy terhadap fungsi anggota gerak atas pada pasien Stroke Iskemik Fase Subakut = Comparison of the Effectiveness of Graded Repetitive Arm Supplementary Program Exercise with modified Constraint-Induced Movement Therapy Exercise on the Function of Upper Limb in Subacute Phase Ischemic Stroke Patients

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## Abstrak

Tujuan penelitian ini untuk membandingkan efektivitas latihan Graded Repetitive Arm Supplementary Program (GRASP) dengan modified Constraint-Induced Movement Therapy (mCIMT) terhadap fungsi anggota gerak atas pada pasien stroke iskemik fase subakut. Desain penelitian ini adalah randomized controlled trial dengan subjek penelitian adalah pasien stroke iskemik fase subakut serangan pertama yang mengalami hemiparesis satu sisi. Total 18 subjek yang dibagi 9 subjek per kelompok latihan; GRASP-Group (GG) dan mCIMT-Group (CG). Latihan dilakukan di rumah selama 4 minggu. Fungsi anggota gerak atas dinilai menggunakan Fugl-Meyr Assessment Upper Extremity (FMA-UE) dan Chedoke Arm and Hand Activity Inventory (CAHAI). Analisa statistik menunjukkan tidak terdapat perbedaan bermakna antara kedua kelompok setelah 2 minggu latihan (T1), perbaikan mean difference (MD) nilai FMA-UE GG= 3,67±1,94 dan CG= 3,11±1,54 (p= 0,510); perbaikan MD nilai CAHAI pada GG= 5,33±3,46 dan CG= 3,11±1,27 (p= 0,050). Setelah 4 minggu latihan (T2) antara kedua kelompok juga tidak terdapat perbedaan bermakna dengan perbaikan MD nilai FMA-UE pada GG= 8,67±4,47 dan CG= 8,56±2,07 (p= 0,489); perbaikan MD nilai CAHAI pada GG= 13,44±4,85 dan CG= 10,11±2,62 (p= 0,088). Disimpulkan bahwa latihan GRASP sama efektifnya dengan latihan mCIMT dalam meningkatkan fungsi anggota gerak atas.

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The purpose of this study was to compare the effectiveness of the Graded Repetitive Arm Supplementary Program (GRASP) exercise with modified Constraint-Induced Movement Therapy (mCIMT) on upper limb function in subacute ischemic stroke patients. This is randomized controlled trial with recruitment of subacute phase first attack ischemic stroke patients who had one-sided hemiparesis. A total of 18 subjects were divided into 9 subjects per exercise group; GRASP-Group (GG) and mCIMT-Group (CG). Exercise was done at home for 4 weeks. Upper limb function was assessed using the Fugl-Meyr Assessment Upper Extremity (FMA-UE) and Chedoke Arm and Hand Activity Inventory (CAHAI). Statistical analysis showed no significant differences between two groups after 2 weeks of training (T1), mean difference improvement (MD) FMA-UE GG=3,67±1,94 and CG=3,11±1,54 (P= 0,510) and MD improvement CAHAI on GG=5,33±3,46 and CG=3,11±1,27 (P= 0,050). After 4 weeks of training (T2) between the two groups there were also no significant differences with MD improvement FMA-UE on GG=8.67 ± 4.47 and CG=8.56 ± 2.07 (P= 0.489); MD improvement CAHAI score on GG=13.44 ± 4.85 and CG=10.11 ± 2.62 (P= 0.088). It was concluded that GRASP exercise was as effective as mCIMT exercise in

improving upper limb function. </em></p><p> </p>