THE EFFECT OF CONSTRAINT-INDUCED MOVEMENT THERAPY (CIMT) ON UPPER EXTREMITY MOTOR FUNCTION IN STROKE PATIENTS RST DR. SOEDJONO MAGELANG

Dewi Kahesti[1], Dita Mirawati[2]

dewikahesti@gmail.com

[1.2]Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Stroke is a neurological disorder caused by impaired blood flow to the brain, which can lead to decreased motor function, particularly in the upper extremities. Impaired upper extremity motor function in stroke patients can result in limitations in performing daily activities, thus requiring effective rehabilitation interventions. One intervention that can be applied is Constraint-Induced Movement Therapy (CIMT), a therapy that restricts the use of the unaffected extremity while intensively and repetitively training the affected extremity.* ***Objective:*** *To determine the effect of Constraint-Induced Movement Therapy (CIMT) on upper extremity motor function in stroke patients.* ***Methods:*** *This study used a quantitative method with a quasi-experimental design employing a one-group pre-test and post-test without control group approach. The study was conducted at the physiotherapy clinic of RST dr.Soedjono Magelang in April, involving 23 subjects. The research instrument used was the Action Research Arm Test (ARAT). Data analysis was performed using the Paired Sample T-Test.* ***Results:*** *The results showed that Constraint-Induced Movement Therapy (CIMT) had a significant effect on upper extremity motor function in stroke patients, with a p-value < 0.001 (<0.05).*

Keywords: *Action Research Arm Test (ARAT), Constraint-Induced Movement Therapy (CIMT), motor function, upper extremity, Stroke*