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Title

Mirror therapy and body schema perception in CRPS.

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Summary

Mirror therapy requires minimum equipment, is relatively simple to perform and effective in various pathological conditions. The efficacy of mirror therapy in treatment of body schema disturbances registered in complex regional pain syndrome type I (CRPS I) patients, has not definitely established.

Introduction

To investigate the influence of mirror therapy (as an addition to the standard complex rehabilitation program) on body schema perception in CRPS I patients.

Methods

The study is based on the analysis of the of 6 weeks treatment results of 50 patients with CRPS I, developed as a result of the distal radius fractures (duration no longer than 3 years); all patients were enrolled in standard rehabilitation program (physical therapy, exercises, medications); in addition to standard care 30 patients consented to practice mirror therapy (study group), 20 received only standard rehabilitation program (control group). All patients underwent complex evaluation, including assessment by Bath CRPS Body Perception Disturbance Scale, before the treatment, after three days and after 6 weeks.

Results

After 6 weeks of treatment the majority (83.33 %) of patients in study group and 35% in control group demonstrated improvement in body schema perception ($p < 0,05$). The positive effect was statistically significant for the first five points of the Bath scale after 6 weeks of treatment compared to the control group.

Conclusion

Mirror therapy, included into standard rehabilitation program is effective for the body schema perception disturbances treatment in patients with CRPS I developed after fractures of the distal radius less than 3 years duration.

References

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