

EFFECTIVENESS OF FUNCTIONAL SELECTIVE TRUNK MOVEMENT EXERCISE ON TRUNK CONTROL AND PERFORMANCE IN ADL AMONG ACUTE STROKE SURVIVORS

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ABSTRACT

The aim of the study was to find out the effectiveness of functional task incorporated selective trunk movement exercise on trunk control and performance of ADL. The quasi-Experimental prospective study design was adopted for this study. The study was conducted at the SRM general hospital, SRM University, Kattankulathur. Study subjects were persons with acute stroke between the age group of 40 to 70 years. 30 subjects were taken for the study based on inclusion criteria (15 in experimental and 15 in the control group). Trunk Impairment Scale (TIS) and Functional Independence Measure (FIM) were used as outcome measures. The result showed that Comparison between the pre-test and post-test score for TIS and FIM in the experimental group showed a statistically significant difference. Comparison between the pre-test and post-test score for TIS and FIM in the control group showed no statistically significant difference. The study concluded that that Functional Selective Trunk Movement Exercise has a beneficial effect on Trunk Control and Performance in Activities of Daily Living (ADL) among Acute Stroke Survivors

KEYWORDS: *Acute Stroke, Functional Selective Trunk Movement, Exercise, ADL and Trunk Control*