9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effectiveness of the Chuna manual treatment for hemiplegia after stroke.

2. Design
Randomized controlled trial (RCT).

3. Setting
Two Oriental hospitals (Oriental Medical Hospital of Daegu Haany University at Daegu and Gumi), Republic of Korea.

4. Participants
Stroke patients with hemiplegia more than two weeks after onset and stable vital signs (n=39).

5. Intervention
Arm 1: Conservative therapy + Chuna manual treatment (n=20).
Arm 2: Conservative therapy only (n=19).

6. Main outcome measures
Activities of daily living (ADL), Modified Barthel Index (MBI), Berg Balance Scale (BBS), and evaluation of lower extremity motor function using the Fugl-Meyer Assessment (FMA).

7. Main results
1) In Arm 1, treatment significantly improved ADL and function as measured by MBI (4.80±5.12, P=0.045), BBS (3.50±2.59, P=0.003), and FMA (2.40±2.60, P=0.020) scores. The improvement was more marked in Arm 1 than in Arm 2.
2) In patients with sub-acute disease, treatment significantly improved function as measured by BBS score (4.00±2.83, P=0.002), but improvements in the treatment and control groups were not significantly different (P=0.159).
3) In patients with chronic disease, treatment significantly improved function as measured by BBS (2.75±2.12, P=0.011) and FMA (1.63±2.39, P=0.039) scores, but this improvement was similar in both groups.

8. Conclusions
Chuna manual treatment may improve ADL, balance, and lower extremity function. Chuna manual treatment appears to be more effective for chronic disease.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study evaluated the effectiveness of Chuna manual treatment in the rehabilitation of patients after stroke. But the small number of subjects and the effectiveness of the conservative therapy are limitations of the study. Furthermore, the evaluation of leg length is a subjective measure with low accuracy. Therefore, it is suggested that a large scale clinical trial is needed.

11. Abstractor and date
Go HY, 18 July 2010.