

Abordaje de la terapia ocupacional en la funcionalidad del miembro superior del adulto lesionado medular cervical [

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text (article)

Analítica

Objective: A literature review was achieved to know the effectiveness of occupational therapy actions in the functional rehabilitation of the upper limb in the cervical spinal cord injury. Methods: The articles classify in this study, were published between 2006 and 2019 in the following databases and electronic resources: Pubmed, MeSH, Web of Science, Medline, EBSCO HOST, BVS, LILACS, Biblioteca Cochrane y SciELO. It included articles that spoke about adult patients (19-44 years) who have a traumatic cervical spinal cord injury and they are in the stage of active rehabilitation where they have been treated by occupational therapy. Finally, the number of articles have been used on this study was 20. Results: The study had found different opinions between the effectiveness of conventional treatment (physiotherapy and occupational therapy) and alternative therapies (functional electrostimulation, neuroprothesis and surgery), although it indicated that both therapies are effective. There is no study that specifies training techniques for the performance of daily life activities, except in transfers, which is consistent that training from occupational therapy, produce improvements on the quality of execution thereof, avoiding in this way the pain of the upper limb. Conclusions: Occupational therapy meant an improvement in the functional capacities of the upper limb affected, in turn, increasing the autonomy of the quadriplegic for the performance of daily life activities

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