

Corrections of Arm Function, Morning Stagnation, Self-Sufficiency Changes in Occupational Therapy and Vibration Therapy of Patients Who Have Rheumatoid

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Abstract

Rheumatoid arthritis (RA) is a systemic autoimmune disease, which manifests itself in degenerative, progressive erosion and joint destruction causing polyarthritis. Gradually, inflammation irreversibly damages all joint tissues. According to the data of Lithuanian register 81,1 adults in 1000 have rheumatic joint diseases. In 2016 the number grew up to 84,7 in 1000 of adults. The joints are most grossly damaged by rheumatoid arthritis, which affects 0,5-1% of people. The number of arthritis cases is growing. Occupational therapy plays a very important role in restoring the lost functions of the patients during rehabilitation together with vibration therapy. The main aim of the rehabilitation team is to control pain, strive for improvement of joint functions while applying different methods of treatment. The research has been done in the Hospital of Lithuanian University of Health Sciences Kauno Klinikos Rheumatology section and in patients house for the people suffering from arthritis. A total number of patients who took part in the research is 30. Respondents were divided into two groups with evaluates before, after hospital, after 1 month and after 3 months. Analyses groups in occupational and vibration therapy group hand and wrist function, self sufficiency and morning stagnation was better than in group with occupational therapy after 1 and 3 months. In self-sufficiency determined statistically significant improvement ($p < 0,05$). After occupational therapy with vibration therapy the movement of hand shown statistically significant ($p < 0,05$) improvement. Morning stagnation and self-sufficiency shown statistically significant ($p < 0,05$) improvement better in group with OT and vibration therapy than in group OT.

Keywords: occupational therapy, rheumatoid arthritis, self-sufficiency, vibration therapy, arm function