

CZH/4/1075 - Dynamic Lycra Orthoses as an adjunct to upper limb rehabilitation after stroke: A feasibility study and trial

Only 15% of stroke survivors regain full upper limb (UL) function by 6 months. Intensive, supervised UL task training facilitates recovery but intensive rehabilitation is rarely available. This study will evaluate dynamic lycra orthoses (DLO) as an adjunct to UL rehabilitation. These tailor-made lycra garments, which are worn for up to 8 hours per day provide biomechanical correction of stroke related movement and sensory impairments without the need for direct therapist supervision. They may therefore augment effects of usual physiotherapy and occupational therapy and self-directed practice. However evidence of effectiveness is scant and which survivors benefit is unclear. This two-stage study will examine feasibility, acceptability and potential effectiveness for UL recovery outcomes of DLO as an adjunct to usual rehabilitation therapy, and examine feasibility of undertaking a full scale trial. The intervention may provide an effective adjunct to usual therapy and to improve recovery and quality of life for stroke survivors.