

(supination)

가 , 2) , 가 ,

가 (, , 1995; , 1988; , 1994; , 1995) breadth) 1 (finger (cm)

(, 1991; , 1995; , 1988; , 1987; , 1995) : Andrew & Whitney (1976) 6

가 (, 1984; , 1996; , 1993) : 6 Modified Ashworth Scale

가 : ()

가 mm (index finger)

2. 가

가 1.

1가 : 가 (Gibbon, 1996).

2가 : 가

3가 : 가 24 (, 1994).

4가 : 가

5가 : 가 가

6가 : 가

3.

1) 2 가 가 가 (Davies, 1994) 가 가 가 , 가

가
가
(labyrinthine reflex) (tonic neck reflex) 가 90 (supination)
가
(protraction). 가
(Carr, Kenney, 1992),
가
(Hafsteinsdottir, 1996).
가 (external rotation)
가 가
가
가
2. 가
(flexor pattern) (pronation) (, 1994).
(rolling) (ADL) 가 (Davenport, Dennis, Wellwood, Warlow, 1996).
가 가
가 (Gibbon, 1996).
가
(, 1996). 가 (, 1996).
(spasticity) (elongation) (, 1995). 가 17-66% (Zorowitz, Idank, Ikai , 1994). 가 가

(, , 1996).
 , Cailliet
 (1980) 가
 (rotator cuff) ,
 (suprasupinatus)

가 (Bobath, 1990). Carr (1995)
 가

가
 가
 Davis(1990) 가

가
 16%
 (Sorenson, 1989).
 (Dirette, Hinojosa, 1993).

(Roy,
 Sands, Hill, 1994), 40-80%
 (Dekker , 1997). Van Ouwenaller
 72%가

. Dirette
 Hinojosa (1994)
 가

(Dekker , 1997). Cailliet
 (1980)
 (tendo-vaginitis)

가
 가

가

1.

< 1 >	
8	4 8
Yc1 Yc3	
Ye1 X Ye2 X Ye3	

(, 1996).
 가

X :

2.

(Roy,
 1988).

1998 5 1 10 31 K

(Carr, Shepherd, Ada,
 1995). 가 1)

2) 1 , ,

3) 가

2)

20
2 , 8 , 10 18

(sitting position)

1 (finger breadth)
()

1 1.7cm 가
가

3.

1) 2

Andrew & Whitney(1976)

3 6 가

2)

(contracture)

Ashworth가 , Bohannon,
Smith(1978)가 6 Modified Ashworth
Scale

가

5

가 , 0

가 가 가

가 (ROM)

MG 11B

90 가

가

5 가 , 2 가
가

3) 2

가

가

20

(edema)

4)

Dirette(1994) jeweler's ring measurement

(index finger)

4.

mm

1)

5.

가

1)

6.

2) SPSS
 가
 3) 가 (Fisher's exact method), 가 Wilcoxon Rank
 Sum test
 가 가 McNemar test

7.

4) 4 8 가 1) 가 24
 2) 가
 가
 1 가
 (Double blind method) 1.
 1)
 8 가 < 1-1 >
 2 3
 (Anderson, 1990; Sivenius ,
 1985) , 4
 8 2)
 가

< 1-1 >

		(N=8)	(N=10)	²	P
()	- 59	No (%)	No (%)		
	60 -	2 (25.0)	3 (30.0)	.055	1.000
		6 (75.0)	7 (70.0)		
		3 (37.5)	6 (60.0)	.900	.637
		5 (62.5)	4 (40.0)		
		4 (50.0)	4 (40.0)	.180	1.000
		4 (50.0)	6 (60.0)		
		8 (100.0)	9 (90.0)	.847	1.000
		- (-)	1 (10.0)		
		8 (100.)	8 (80.0)	1.800	.477
		- (-)	2 (20.0)		
		2 (25.0)	5 (50.0)	1.168	.367
		6 (75.0)	5 (50.0)		

	- (-)	- (-)	.028	1.000
	7 (87.5)	9 (90.0)		
가	1 (12.5)	1 (10.0)	.900	.637
	5 (62.5)	4 (40.0)		
	3 (37.5)	6 (60.0)		
()	2 (25.0)	6 (60.0)		
	1 (12.5)	1 (10.0)		
	1 (12.5)	2 (20.0)	4.162	.384
	3 (37.5)	1 (10.0)		
	1 (12.5)	- (-)		

* P<05

가 < 2> (1.25)가
 (3.30)
 (Z=-2.84, P= .005) 1가
 2) 2가
 “
 가 ” 가 <
 , 가 2> (0.38)가
 (2.50)
 (Z=-2.63, P= .004) 2가
 1) 1가
 “

< 1-2>

	(N=8)	(N=10)	χ^2	P
	No (%)	No (%)		
	5 (62.5)	7 (70.0)	.112	1.000
	3 (37.5)	3 (30.0)		
	7 (87.5)	4 (40.0)	4.219	.066
	1 (12.5)	6 (60.0)		
	6 (75.0)	10 (100.0)	2.812	.183
	1 (12.5)	- (-)		
	1 (12.5)	- (-)		
	3 (37.5)	1 (10.0)		
	4 (40.0)	6 (60.0)	3.217	.611
	1 (12.5)	1 (10.0)		
	1 (12.5)	2 (20.0)		
	5 (62.5)	9 (90.0)	1.944	.275
	3 (37.5)	1 (10.0)		
	2 (40.0)	5 (55.6)		
	1 (20.0)	- (-)		
	1 (20.0)	- (-)		
	- (-)	2 (22.2)	4.874	.685
	- (-)	1 (11.1)		
	- (-)	1 (11.1)		
	1 (20.0)	- (-)		

* P<05

3) 3가 (Z=-1.70, P=.049) 5가
 “ 가 .” 가 < 2> 6) 6가
 (1.63)가 (2.80 “ 가 .” 가
) (Z=-1.66, 가 .” 가
 P=.098) 3가 . < 2> 가 6.78 ,
 4) 4가 7.36 가 가
 “ (Z=-1.52, P=.063) 6
 가 .” 가 < 가 .
 2> (1.75)가 3.
 (3.90) (Z=-2.73, P=.003) 4가 (4 , 8
 .)
 5) 5가 , ,
 “ 가 가 .” 가 .
 < 2> 가 가 ,
 20.00 , 14.75
 가
 (Z=-2.84, P=.002), V.
 19.38 , 16.75 가
 가 ,

< 2>

	(n)	Mean ± SD	Z	P	8	Z	P
	(8)	1.25 ± .46			1.25 ± .46		
	(10)	1.00 ± .00	-1.63	.103	3.30 ± 1.95	-2.84	.005*
	(8)	.00 ± .00	.00	.500	.38 ± 1.06	-2.63	.004*
	(10)	.00 ± .00			2.50 ± 1.51		
	(8)	1.25 ± .46	-1.63	.103	1.63 ± 1.06	-1.66	.098
	(10)	1.00 ± .00			2.86 ± .69		
	(8)	2.00 ± .76	-1.47	.070	1.75 ± 1.39	-2.73	.003*
	(10)	1.50 ± .53			3.90 ± 1.37		
(ROM)	(8)	20.00 ± .00	.00	.500	20.00 ± .00	-2.84	.002*
	(10)	20.00 ± .00			14.75 ± 4.78		
(ROM)	(8)	19.06 ± 1.86	-1.63	.051	19.38 ± 1.77	-1.70	.049
	(10)	20.00 ± .00			16.75 ± 3.92		
()	(8)	6.78 ± .68	-.22	.466	6.78 ± .63	-1.52	.063
	(10)	6.78 ± .54			7.36 ± .59		

* P<.005

< 3 > 4 , 8

	(8)			McNemar tes
(4)	1	2	3	P = 1.000
	5	0	5	
	6	2	8	
	(8)			McNemar test
(4)	0	0	0	P = 1.000
	7	1	8	
	7	1	8	
	(8)			McNemar test
(4)	1	1	2	P = 1.000
	4	2	6	
	5	3	8	

72%가

가

(1996)

가

, Griffin

(1986)

가

가

가

Davies(1990)가

가

(Bobath, 1990)

(Maloun, 1992).

가 17-66%

(Zorowitz, 1995),

가

가 가

(, 1996).

가

가

가

가

(Roy, Sands, Hill, 1994),

(Dekker,

1997). Van Ouwenaller

(1986)

가

(1996). _____
 _____, 20(3), 787-793.
 (1984). _____ 가 _____

 (1995). _____

 (1991). _____

 (1995). _____

 (1989). _____
 _____, 28(2), 14-28.
 (1996). _____ 가 _____
 _____ : _____
 (1996). _____ 가 _____ 가 _____

 (1988). _____ 가 _____

 (1988). _____ 가 _____

 (1987). _____

 _____, _____, _____, _____ (1993). _____

 (1995). _____

 _____, _____ (1996). _____
 _____ 가. _____
 _____, 20(2), 388-394.
 (1997). _____ : _____
 (1994). _____ : _____
 (1995). _____ 가 _____ 가 _____

_____ : _____
 (1994). _____
 _____ : _____ (1997). _____
 _____ : _____
 (1992). _____ (2). _____ : _____
 (1996). _____ : _____
 (1993). _____ 가 _____

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-Abstract-

key concept: Stroke, Proper Positioning

Effects of a Proper Positioning on Prevention of Musculoskeletal Complication on Patients with Stroke.

Lee, Eun Mi. Kang, Hyun Sook ***

This study was done to identify the effectiveness of a proper positioning on musculoskeletal complication on patient with Stroke by using a quasi-experimental study.

A total of 18 patients were selected as a subject from June 1st to October 31th 1998 who had been hospitalized at Intensive Care Units in K medical center. A experimental group consists of 8 patients who were given proper positioning every two hours. A control group consists of 10 patients who were given traditional positioning.

The collected data were analyzed by SPSS

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windows including χ^2 -test (Fisher's exact method), Wilcoxon Rank Sum test and McNemar test.

The result of this study was summarized as follows :

1) The experimental group with proper positioning has shown lower shoulder pain score, dorsiflexion contracture score, Shoulder subluxation score and higher Range of Motion and than the control group.

2) The experimental group with proper positioning has shown lower muscle pain score and edema score than the control group, but it was not statistically significant.

Therefore, proper positioning could be applied as an independent nursing intervention for patients on Stroke in order to facilitate rehabilitation.