





1999). , 가 (1999) 4 8

(1) : 가 (p = .004), Ferrell-Tomy Glick(1993) 9 30 2

(2) : 가 가 VAS(visual analogue scale) 60% (STAI) 24%

(3) 가 : enkephalin (Potter & Perry, 1985).

(4) : 가 Frazer( , 1999 ) post sympathetic

(5) : mm (index finger) 가 , enkephalin

3) . 16%

Self-Rating Depression Scale Zung (1982) (Serenson, 1989). 가 가 2 10 ( , 1993).

1. 가 (Hunter & Mcakin, 1984), (Cailliet, 1980).

1996). 가 (Roy, Sands, & Hill,1994) 40-80% (Dekker et al, 1997), (Kottke & Lehmann, 1990). 가 가

(Dirette &, Hingjosa, 1994). (1993) Tille, 1992). (1988)

가

1

6-12

3 45-60%

(Wade, Victorine & Hewer, 1985).

53.1% ( , 1999), 77.3%

가

( , 1995).

가 가 가

가

(Bowman, Baker & Water, 1979; Kraft, Fitts & Hammond, 1992)

가

(1993) ,

6 (FES)

(1995) 가 .

6

가 가

(Sharpe & Broywer, 1997; Engardt, Knutsson, Jonsson & Sternhag, 1995)가 , 3 10

가

가 (氣穴)

Potempa, braun, tinknell, popovich (1996) 가 .

( , 1999),

14-61%

(House, 1987),

( , , 1996; ( , 1983).

(氣)

(臟腑)

2)

가  
가

가

3)

( ,1994).

4)

가

( , 1992;

, 1991).

5)

가

( , 1993; , 1994).

( , 1993).

1)

가 가

( , 1993).

가

가

가

1.

가

가

1>

<

	Yc 1	Yc 2	Ye 1	X	Ye 2
--	------	------	------	---	------

X : 10 / X 2

Ye :

Yc :

< 1>

2.

2000 3 6 2000 6 8 , 가  
K 가 0° 180°

60

3)

1)

가

2)

가

(visual analog scale)

3)

4)

10cm

가

5)

가

6)

가

4)

Dirette(1994) jewelers ring measurement  
(index finger)

3.

mm

5)

Zung Self-Rating Depression Scale  
(1982) 4

20

10

10

6

20-80

가

가

50

Cronbach's

Alpha = .79

가

5.

1 1 10

2

4.

1)

(1)

K

1)

(2)

8

(3)

10

AVIVA

(4)

2) 가

MG 11B

2)

(1) 2) t-test 2 -test

(2) 가 , 3) 가 t-test

(3) 2 14 7.

(4) 2 , 1) 가 8

가 , , 2)

6. 3)

4)

SPSS PC ,

1)

< 1>

		(N=30)	(N=30)	$\chi^2$	p
		(%)	(%)		
( )	30~39	1( 3.3)	1( 3.3)	37.867	.297
	40~49	1( 3.3)	5( 16.7)		
	50~59	6( 20.0)	6( 20.0)		
	60~69	12( 40.0)	12( 40.0)		
	70	10( 33.3)	6( 20.0)	6.787	.009
		22( 73.3)	12( 40.0)		
		8( 26.7)	18( 60.0)	1.017	.313
		-( - )	1( 3.3)		
		30(100.0)	29( 96.7)	1.443	.696
		12( 40.0)	14( 46.7)		
		8( 26.7)	8( 26.6)	1.453	.835
		10( 33.3)	8( 26.7)		
		6( 20.0)	3( 10.0)	.067	.796
		9( 30.0)	5( 16.7)		
		13( 43.3)	4( 13.3)	.271	.602
		2( 6.7)	-( - )		
		14( 46.7)	15( 50.0)	4.356	.037
		16( 53.3)	15( 50.0)		
		14( 46.7)	12( 40.0)	1.456	.228
		16( 53.3)	18( 60.0)		
		26( 86.7)	19( 63.3)	3.240	.663
		4( 13.3)	11( 36.7)		
		5( 16.7)	2( 6.7)	2.483	.478
		25( 83.3)	28( 93.3)		
		1( 3.3)	-( - )		
		9( 30.0)	11( 36.7)		
		6( 20.0)	6( 20.0)		
		13( 43.3)	12( 40.0)		
		1( 3.3)	1( 3.3)		
		7( 23.3)	4( 13.3)		
		23( 76.7)	25( 83.4)		
		-( - )	1( 3.3)		

1.  $t = 4.356, P = .037$  (t = -2.960, P = .004)  
 가 , (t = -1.955, P = .055)  
 60-69 가 40% 가 ,  
 62.6 .  
 가 56.7% , 1 .  
 . 43%가  
 25% 가 . 51.7%가 가 , 2 가  
 56.7% 가 .  
 75%가 1980 1) 1 가 ;  
 “  
 ( , 1996). ”  
 88.3%가 , t-test .  
 가 41.6% 가 < 3> (145.77) (8.80)  
 , (t = -2.174, P = .034) 1  
 , , , , 가 가  
 t-test <sup>2</sup> - test < 1>, < 2>  
 ( <sup>2</sup> = 6.787, P = .009), ( <sup>2</sup> 2) 2 가 ;  
 < 2> , , 가

	(N)	( )	t	p
	30	45.27( 5.04)	.271	.788
	30	45.73( 7.99)		
	30	7.35( .50)	-1.955	.055
	30	7.12( .38)		
	30	7.77( 1.83)	-2.960	.004
	30	6.13( 2.40)		
	30	473.97(518.47)	.955	.343
	30	640.97(545.60)		
	30	11.70( 14.72)	.573	.569
	30	13.90( 15.02)		
가	30	70.17( 61.80)	1.118	.268
	30	90.67( 79.12)		

< 3>

	( )	( )		df	t	P	
	30	473.97(518.47)	619.73(531.75)	145.77	58	-2.174	.034
	30	640.97(545.60)	649.77(552.09)	8.80	58		

P <.05

< 4>

	( )	( )		df	t	P	
	30	11.70(14.72)	21.73(17.52)	10.03	58	-3.45	.001
	30	13.90(15.02)	14.40(15.11)	50	58		

p<.05



“ ” . t-test (-3.27) (-.10)  
 < 6> (t = 7.935,  
 t-test < (10.03) (.50) P = .000) 4가  
 (t = -3.45, P = .001) 2가

5) 5 가 ;  
 “ ” . t-test (-.47) (-.05)  
 < 7> (t = 6.497, P = .000) 5 가  
 t-test (35.33) (6.67)  
 < 5> (t = -3.849, P = .000) 3가

6) 6 가 ;  
 “ ” . t-test (-5.40) (-.90)  
 < 8> 4 가 ;  
 “ ” . t-test (-5.40) (-.90)

< 5> 가

	( )	( )		df	t	P
30	70.17(61.80)	105.50(66.56)	35.33	58	-3.849	.000
30	90.67(79.12)	97.33(79.32)	6.67	58		

p<05

< 6>

	( )	( )		df	t	p
30	7.77(1.83)	4.50(1.83)	-3.27 -.10	58	7.935	.000
30	6.13(2.40)	6.03(2.40)		58		

p<05

< 7>

	( )	( )		df	t	P
30	7.35(.50)	6.88(.38)	-.47	58	6.497	.000
30	7.12(.37)	7.07(.40)	-.05			

p<05

< 8>

	( )	( )		df	t	P
30	45.27(5.03)	39.87(3.96)	-5.40	58	2.702	.009
30	45.73(7.99)	44.83(6.99)	-.90	58		

p<05



- .90 가 -5.40

가 K 2000 3 6 2000 6 8 60

(1999) , 가 , 1 1 10 2

8 (2000) , AVIVA (1999) , 가

Peter (1972) 가 Fray jeweiers ring measurement , Drette Zung self (1982) rating Depression Scale

( , 1999) SPSS PC

가 1.

Feibel Springer (1982) 2.

가 3.

가 가

4.

1) 5.

가 6.

가

2) , 가 가 ,

3) 가 가 가

가 가

1.

2. 가

1. 가

2. 가

3. 가

( 1995).

\_\_\_\_\_, 2(2), 98-107.

(1993). \_\_\_\_\_ :

\_\_\_\_\_, (1995).

\_\_\_\_\_, 3(1), 3-20.

\_\_\_\_\_, (2000). 가

\_\_\_\_\_, 3(1),

108-117.

(1990). Sports Massage가 \_\_\_\_\_

(2000). 가 \_\_\_\_\_

\_\_\_\_\_, 30(2).

476-487.

\_\_\_\_\_, (1999).

Jebesen \_\_\_\_\_

\_\_\_\_\_, 23, 405-410.

\_\_\_\_\_, (1993).

\_\_\_\_\_, 17, 632-641.

\_\_\_\_\_, (1998). 가 \_\_\_\_\_

28(4), 980-991.

\_\_\_\_\_, (1995).

\_\_\_\_\_, 19(1), 55-61.

\_\_\_\_\_, (1995). 가 \_\_\_\_\_

25(2), 316-329.

\_\_\_\_\_, (1995).

1. \_\_\_\_\_, 19(3), 547-552.

(2000). \_\_\_\_\_ (1998

12 \_\_\_\_\_)

(1988). \_\_\_\_\_

\_\_\_\_\_.

(1999).

\_\_\_\_\_, 29(3),

665-678.

(1982). 가 가 \_\_\_\_\_

\_\_\_\_\_, 21(2), 217-227.

\_\_\_\_\_, (1985). \_\_\_\_\_

\_\_\_\_\_, 3(1), 31-41.

\_\_\_\_\_, (1999). 가 \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_, 1(1), 15-26.

\_\_\_\_\_, (1996). 가 \_\_\_\_\_

\_\_\_\_\_.

26(4), 853-867.

(2000). \_\_\_\_\_

\_\_\_\_\_.

30(2). 488-497.

(1999). \_\_\_\_\_ 가 \_\_\_\_\_

\_\_\_\_\_.

(1992).

\_\_\_\_\_, \_\_\_\_\_, (1999).

\_\_\_\_\_, \_\_\_\_\_, 7(1), 56-67.

(1996). 가 \_\_\_\_\_

\_\_\_\_\_, 4(1), 27-34.

(1983). \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_

(1999).

가 \_\_\_\_\_

\_\_\_\_\_, 29(2), 328-335.

(1997). 9 . 23 \_\_\_\_\_

(1994). \_\_\_\_\_ :

- (1997). \_\_\_\_\_  
\_\_\_\_\_. 가  
\_\_\_\_\_.  
(1993). \_\_\_\_\_,  
17(4), 499-506.  
(1991). \_\_\_\_\_( , ),  
:  
(1999). \_\_\_\_\_  
\_\_\_\_\_.  
(1999). \_\_\_\_\_, 22, 46-63.  
, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (1999).  
\_\_\_\_\_.  
23(2), 233-239.  
(1995). \_\_\_\_\_  
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-Abstract-

Key concept : Meridian massage, Hemiplegic patients, Functions of upper limbs, Depression

### The effects of Meridian Massage on the functions of upper limbs and depression of hemiplegic patients

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*Kim, Hee Jeong* \*. *Suh, Mee Kyung* \*  
*Kim, Young Hou* \*. *Kim, Mee La* \*  
*Kim Mee Jong* \*. *Choi, Mee Sun* \*  
*Jeong, Suk Hee* \*\*. *Kim, Jeong Hwa* \*\*\*

Meridian massage is originated from oriental medical manipulation, and it has been mainly applied to as pain and paralysis. The purpose was to develop new method of nursing care for help hemiplegic patients to recover their functions of upper limbs and to reduce depressions.

This study was carried out between 8, March, and 8, June, 2000 and the subjects of the study were .60 hemiplegic stroke patients who were participants at a hospitalized in K oriental medical center. The experimental group(30) and the control group(30) were assigned by means of participation order.. The experimental group took meridian massage on affected upper limb for 10 minutes daily for 2 w eeks.

We evaluated muscle power and endurance with band from AVIVA corp.; range of motion with goniometer; shoulder pain with visual analogue scale; swelling with Jeweiers ring

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measurement of Drette; depression with self-rating depression scale translated into Korean by Yang(1982).

Data were analysed by SPSS PC and the results are described below.

The experimental group showed better muscle power and endurance than control group.

Range of motion of affected shoulder

improved significantly in experimental group. Also, the experimental group showed less shoulder pain, hand edema, depression than control group.

In this study, we observed that meridian massage is an effective nursing care in improving the function of upper limb and managing depression of stroke patients.