

# 가

,

\*

\*\* .

\*\*\* .

\*\*\*\*

1.

가

가

가

가 . Wade (1987)

가

가

가

2 가 ,

2 가 3

90%

73%

가

( 1999: , 1998:  
, 1997). (1999)

가

가

( , 1993).

가

(2000) 가

5

가

---

\* BK  
\*\*  
\*\*\*  
\*\*\*\*



1993

가

( , 1998).

3 ( , 2000)

(adhesive taping)

가

가

가

가

가

( , 2001).

( , 1999b).

가

가

(Gilleard , 1998; Host, 1995; Klipstein & Bodnar, 1996; Powers , 1997; Shams & Shamus, 1997) 가 (Kowall , 1996; Retting, 1997; Warme & Daniel Brooks, 2000)가

, Warme & Brooks (2000)

(flexor tendon pulley)

20-47

가

가

(grip)

가

가

22

가

가

가

가

Retting (1997)

가

25

가 . Kowall (1996)

25

가

가

가

가

가

가

( , 2001).

가

(Shamus & Shamus,

1997),

가

가

(Klipstein & Bodnar, 1996).

35

(Host, 1995; Shamus

3

6

& Shamus, 1997) , Host(1995)

8

가

, 가

( , 2001).

가

Shamus & Shamus(1997)

가 40

2

(1999)

가 , ,

가

(2001)

4/10가 가 ,

2

20

가 가 ,

가

가  
(Gilleard ,  
, Gilleard

가

가

가

가

1998; Powers , 1997)  
(1998)

가

가

14

( 22.7 )

가 ,

가

가

,

가

가가

( , 1999).

ambulation

가 ,

( )

가

가

, Powers (1997)

14-41 15

78%

가

1.

5

가

2.

2.

1

5

가

가

가

20

2001

9

5

10

| Variables                               | pretest | taping             | posttest |
|---|---------|--------------------|----------|
| Basic Activities of daily living        | O       | 1x/wks for 5 times | O        |
| Instrumental activities of daily living | O       |                    | O        |
| Range of motion of upper limbs          | O       |                    | O        |
| Hand function                           | O       |                    | O        |

< Figure 1> Variables and measurement period

10 5 , 10 24 11 21 3 12 36  
 5 10 가 가  
 (1) 가 ( ) 5 Cronbach .9366 .8282  
 가  
 2) (1995)  
 (2) 가 가 가 3 5 15  
 가 가 가 가  
 3. Cronbach .8496  
 가 1 가 .8458  
 5 가가 3)  
 (Nippon Sigmax  
 Co. Ltd., Benefact , 50mm) 14 가  
 가 가 가  
 가 1  
 5 4 14 56  
 Cronbach .9309 .9717  
 4. 4)  
 1) Barthel Index(Mahoney and Barthel, 1965) (1992)가 . ( )  
 12 3 가  
 가 가 가 가 5.  
 가 12 가  
 가 SPSS-Win 8.0



3 가 < 3> (t=4.705, p=.000). 28.75. ,  
 가 73.25. 가 44.5. 가 가  
 1) 가 (t=-4.418, p=.000).

30.5 , 가 33.95  
 3.45 가 가 가  
 (t=2.562, p=.019).  
 11.6 , 가 12.75 가 1 5 5  
 (t=1.458,  
 p=.161).

2) (2000) (2001)  
 17 , 가 20.35 , Pamela (1998)  
 3.35 가 가 8  
 가 (t = -2.423, p=.026).

3) (2001)  
 11.50. , 가 30.00. 18.5. 가 가  
 가 가 (t=-3.3231,  
 p=.004). 9.50. , 가  
 28.50. 19. 가 가  
 가 (t=-3.3329, p=.004). 가  
 37. 가 71. 34. 가 가  
 가 (t=-4.901,  
 p=.000). 36.5. , 가  
 73.25. 36.75. 가 가 가  
 가 (t=-4.904, p=.000). (2001) 3 가  
 29.50. , 가 73.50. 가 , (1999) 3  
 44. 가 가 가

< 3>

|        |              |              | t-value | p-value |
|--------|--------------|--------------|---------|---------|
| (BADL) | 30.50(6.48)  | 33.95(3.08)  | 2.562   | .019    |
| (IADL) | 11.60(2.97)  | 12.75(2.93)  | 1.458   | .161    |
|        | 17.00( 7.80) | 20.35(10.00) | -2.413  | .026    |
|        | 11.50(23.00) | 30.00(29.73) | -3.231  | .004    |
|        | 9.50(20.12)  | 28.50(28.14) | -3.329  | .004    |
|        | 37.00(55.54) | 71.00(52.30) | -4.091  | .000    |
|        | 36.50(55.27) | 73.25(47.52) | -4.904  | .000    |
|        | 29.50(41.60) | 73.50(47.16) | -4.705  | .000    |
|        | 28.75(42.04) | 73.25(47.25) | -4.418  | .000    |







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-Abstract-

Key concept : Taping method, ADL, Range of motion, Hand function, Post - stroke patients

Effect of taping method on ADL, range of motion, hand function & quality of life in post - stroke Patients for 5 weeks\*

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Lee, Hae Derk \*\*\*\*

The purpose of this study was to investigate the effect of taping therapy on activities of daily livings (ADL), hand function and range of motion in poststroke-hemiplegic patients. Sample were selected from 20 poststroke-hemiplegic patients at public health center in the period from September 5 to November 21, 2001. The research design was one group pretest-posttest design. The hemiplegia period of the participants was from one year to five years. The pretest and posttest included measuring activity of daily livings(ADL), instrumental activity of daily livings(IADL), hand function, range of motion, quality of life. In this research design, a treatment were to expose taping therapy who were received self-help management program. This self-help management program was composed of five sessions and each session had health education

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\*\*\*\* Professor, Graduate school of food & drug administration Chungang University

on stroke, diet, risk factor, ROM exercise and recreation. 20 patients were treated with kinesiio taping(Nippon Sigmax Co., Ltd., Benefact , width 50mm). Tapes were applied to the Deltoid, Supraspinatus, Infraspinatus, Brachioradialis with paralyzed upper extremity. The taping therapy was performed once a week for 5 weeks. SPSS Win 8.0 was used for the data analysis.

The results of this study were as follows:

- 1) The score of BADL was increased from 30.5 to 33.95 after program, and that was statistically significant ( $p = .019$ ).
- 2) The score of IADL was increased from 11.6 to 12.75 after program, but that was statistically insignificant ( $p = .161$ ).

- 3) The score of hand function was increased from 17 to 20.35 after program, and that was statistically significant ( $p = .026$ ).
- 4) The shoulder's ROM( $p = .000$ ) and wrist's ROM( $p = .004$ ) were significantly increased.

According to the results of this study, taping therapy is effective for improving ADL, hand function, ROM, quality of life. However, this study found no significant differences in IADL.

Consequently, these findings showed that the taping therapy was effective in improvement of physical aspects(BADL, hand function, upper extremity's ROM) in poststroke-hemiplegic patients.