

## PAIN AND FATIGUE RELATED TO CONSTRAINT-INDUCED THERAPY OUTCOMES

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**Purpose:** Constraint-induced (CI) therapy, a technique used to improve function in the hemiplegic upper extremity in patients with stroke, involves up to six hours of daily repetitive task practice over a two-week interval. The extent to which symptoms of pain and fatigue may affect an individual's ability to tolerate and benefit from this intensive therapeutic intervention is unknown. The purpose of this study is to examine the relationship between pain and fatigue levels, intensity of practice, and outcome measures in patients with stroke receiving CI therapy.

**Method:** Data were collected from 20 patients with sub-acute stroke, enrolled in a clinical trial. The patients received CI therapy for 2 weeks, including a total of 60 hours of supervised intensive repetitive upper extremity task practice. Pain and fatigue levels were evaluated at the end of each morning and afternoon session using a Likert-type scale of 0-10 (0=no pain/not at all tired to 10=unbearable pain/absolutely exhausted). Daily activity summaries were used to calculate actual time spent during specific tasks. Outcome measures, administered pre and post-training were: the Wolf Motor Function Test (impairment), Motor Activity Log (disability), and Stroke Impact Scale (quality of life). Data will be analyzed using SPSS.

**Discussion:** Assessing the influence of pain and fatigue symptoms during intensive repetitive task practice will help to determine stroke survivors' ability to participate and benefit from CI therapy.