Service Priorities and Programmes

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Effectiveness of Bowen Therapy in improving Physical Function, Activities of Daily Living and Work in people with Distal Radius Fracture

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Introduction

Those patients with distal radius fracture (DRF) may have limitation to regain their premorbid function and the sign and symptoms persisted, which largely hinder their daily activities. In view of the limitation, we decided to apply a new treatment technique: Bowen Therapy(BT), to achieve the improvement of the physical functions, activities of daily living (ADL) , work and relief pain in patients with DRF.

Objectives

The objective is to investigate the effectiveness of Bowen Therapy in decreasing the wrist pain, increasing the range and strength of wrist and regaining the wrist function. We proposed that Bowen Therapy can improve the Physical Function, Activities of Daily Living and Work in patients with Distal Radius Fracture.

Methodology

Randomized control trial with sample size 40, eligible subjects will be randomized by randomized table into two groups: Experimental group (n=20) & Control group (n=20). Inclusion criteria: patient with aged above 18,able in giving written consent, diagnosed with distal radius fracture (DRF) by O&T physician and is under conservative treatment (on cast, splintage). Exclusion criteria: patient who receive surgical treatment by physician, delayed treatment and delayed union, DRF with associated injury: ulnar styloid fracture,nerve compression, CTD, etc. Recruitment procedure: Subjects who met the inclusion criteria can be referred to Occup. Dept. from Orthopedics & Trauma Dept. (O&T) Data will be conducted at pre, post and six months after treamtment. Intervention: Experimental group treatments: +/- splintage, remedial training (twice per week), BT (once per week) in Occupational Therapy Department. Control group treatments: +/- splintage and remedial training (twice per week) in Occupational Therapy Department. For data analysis,intention to treat analysis will be adopted. The differences of pain levels, grip strength improvement,

DASH score in trial groups will be compared by independent sample T-test. Paired T test will be employed to compare the differences of pain levels, grip strength and DASH score. All statistical tests were one sided and a p-value < 0.05 are considered statistically significant.

Result

On going data collection in progress and results pending. Will update on outcome in April.