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THERAPEUTIC  
Sciences

Management of upper  
limb pain in stroke  
survivors:  
The current practice of  
occupational  
therapists

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# Introduction and Methods

- Upper limb post-stroke pain disrupts stroke survivors' daily lives.
- OTs play a pivotal role in helping client's manage pain, but there are deficiencies in OTs recognising and addressing it effectively.
- This study aimed to describe OTs practices in managing post-stroke upper limb pain.
- A descriptive cross-sectional study which surveyed 100 OTs treating stroke survivors in South Africa.

# What are we doing right?

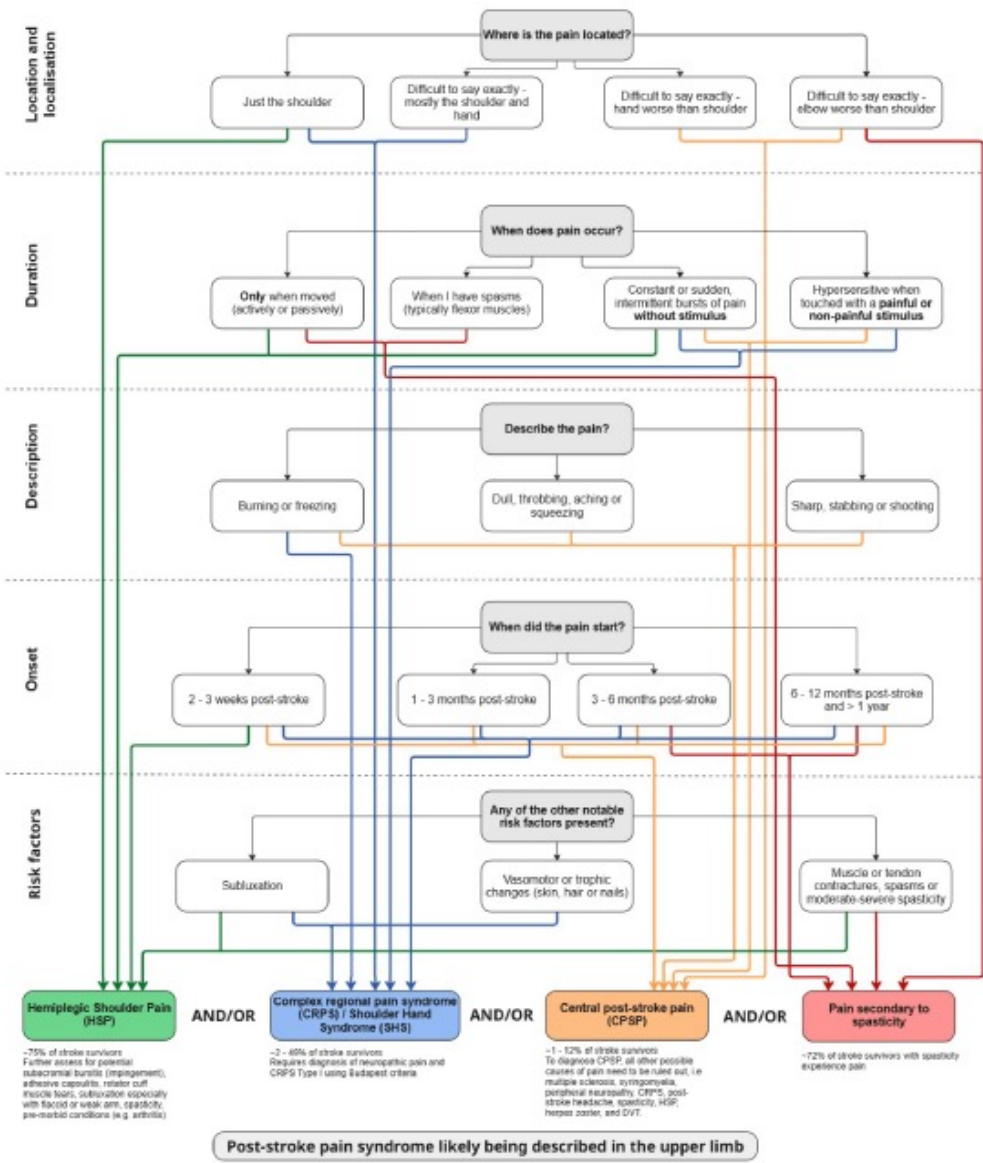


- Early mobilisation (active and passive)
- Education on positioning hemiplegic upper limb
- Avoiding traditional slings
- Subjective assessments (client's needs, impact of pain on occupations)
- Physical assessments (muscle and joint functions)
- Occupation-based interventions

# What are we missing?



- Assessment of pain perceptions and coping skills (e.g. Pain Self-Efficacy Questionnaire)
- Skills such as mindfulness and relaxation techniques, cognitive rehabilitation, coping skills and group therapy.
- Knowledge and identification of different pain syndromes commonly present in upper limb
- Interprofessional collaboration – especially when neuropathic pain is suspected.
- Prescribe wheelchair tray tables
- Electrical stimulation (supraspinatus and deltoid)
- Subluxation slings



Thank you!



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