



EFFECT OF MATRIX RHYTHM THERAPY ON WRITER'S CRAMP- A RANDOMISED CONTROLLED TRIAL

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Background: Writer's Cramp is defined as involuntary muscular contractions when the individual writes, resulting in pain and difficulty in control of the pen. The prevalence of Writer's Cramp ranges from 1.9 to 4.4 per 1,00,000 population across the globe and higher in males than in females. Signs and symptoms in Writer's Cramp are variable according to the severity. Some individuals might experience abnormal posturing of only the fingers while some might involve wrist, elbow and shoulder.

Aim: The aim of the existing study was to evaluate effect of MRT in subjects with Writer's Cramp.

Methods: 36 adults were recruited in the study and divided into 3 groups MRT, AOT and MPG. A total of 6 sessions of the therapy was given to subjects over a period of 4 weeks. The outcome measures used in the study were WCRS and BFMDs. All the outcome measures were assessed at the beginning and at the end of the intervention.

Results: The results of the present study show significant changes between the groups A and B for latency of dystonia and DMS. No significant changes were seen between the groups for other domains of the outcome measures. Significant changes were seen within the group for all the three groups in the WS, FS, DMS and DDS and total score for WCRS. The analysis showed significant changes for within group analysis for group A for latency of dystonia and WS, for group A and group B. Significant changes were seen for writing tremors.

Conclusion: This study concluded that 6 sessions of MRT showed positive improvement in Writer's Cramp in terms of their ES, WS, Latency of Dystonia and WS and WT.

Keywords: Matrix Rhythm Therapy, Writer's Cramp, Action Observation Therapy.

DESCRIPTION:

Priya Mohite is a Post Graduate student at KLES Institute of Physiotherapy in India. She gained her Bachelor's degree in the same institute as mentioned earlier. During the course of her Bachelor's degree, she developed a keen interest in Neurology Physiotherapy. Priya Mohite will be presenting her master's thesis wherein she studied the effect of Matrix Rhythm Therapy on writer's cramp and compared the effect with Action Observation Therapy and training with modified pen grip.