

Compliance with Home Exercise Programs in Post-shoulder Injury Outpatient Occupational Therapy Clients

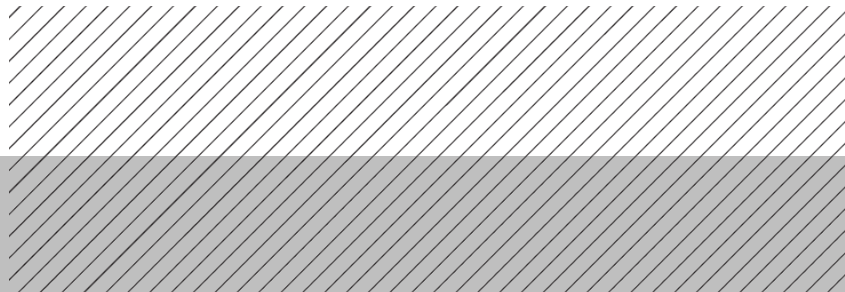
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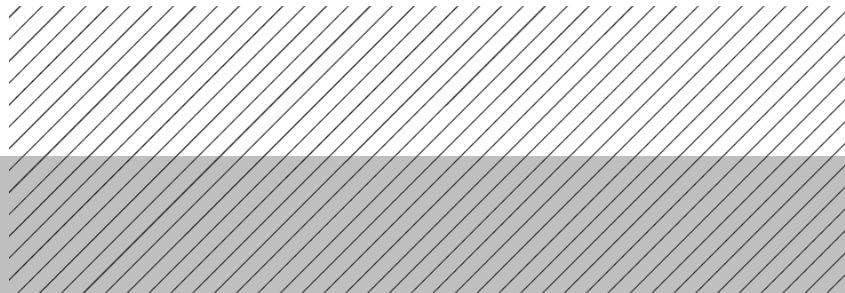
PURPOSE / AIM

The purpose of this study was to determine if individuals who have received outpatient occupational therapy services following a shoulder injury were compliant when given a home exercise program. Participation in home exercise programs prevents re-injury and improves client outcomes (Chen, Neufeld, Feely, & Skinner, 1999). This study enhances the occupational therapy profession by identifying barriers that interfere with an individual's participation in home exercise programs.



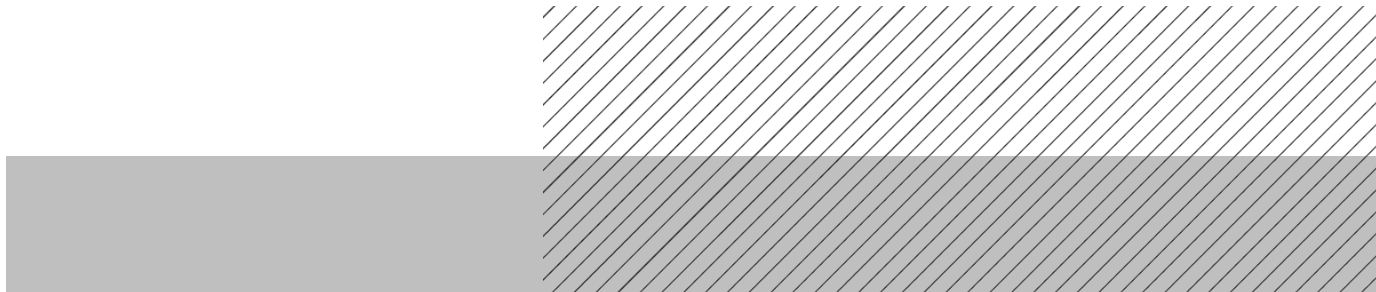
METHODS

Participants were recruited from three outpatient rehabilitation centers in Louisiana. The sample consisted of 34 participants (9 men and 25 women). All participants were 18 years of age or older and received occupational therapy services for a shoulder injury. The participants were informed of the purpose of the study and signed an informed consent document prior to data collection. Individuals were excluded if they did not have internet access or an email address. The researchers applied an exploratory, quantitative approach utilizing self-report of clients who received outpatient occupational therapy services following a shoulder injury. Participants were invited to complete a survey via SurveyMonkey. The survey provided researchers with information on potential barriers to client participation in occupational therapy home exercise programs. Additional research is warranted to further investigate participation barriers and determine methods to resolve them.

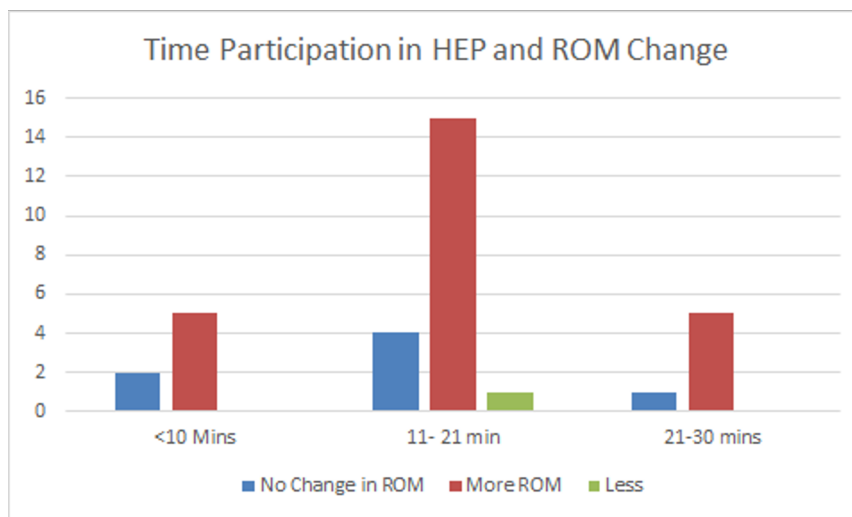
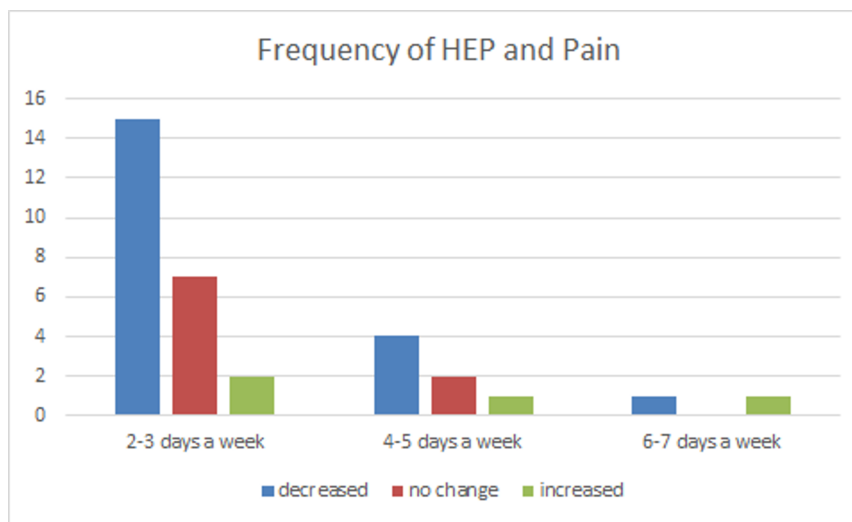


RESULTS

The results from this study indicate that the majority of people who receive occupational therapy services for shoulder injuries were compliant with their home exercise programs. The two main barriers in participation were found to be time and decreased motivation. It is important to note that no one disagreed that the HEP was beneficial. The majority of people who participated in their HEP as directed by the occupational therapy practitioner reported decreased pain and increased range of motion in the injured shoulder during completion of everyday tasks.



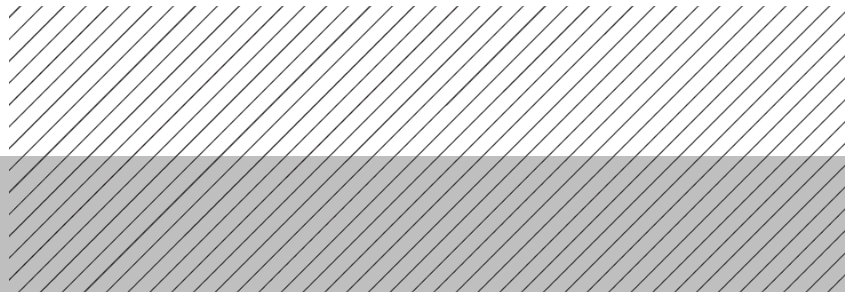
Survey Findings



LIMITATIONS

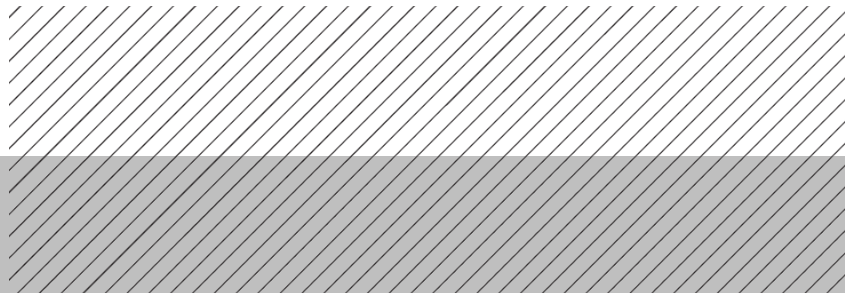
There were two limitations that potentially compromised the validity of this study:

1. The small sample size (35 participants), does not allow generalization to a larger population.
2. The self-report survey design could indicate response bias because participants may not have honestly answered all the questions.



IMPLICATIONS FOR OT

Recognizing and understanding participation barriers could provide OT practitioners with an opportunity to modify home exercise programs, potentially benefiting future occupational therapy recipients. Previous studies show a wide range of compliance regarding participation in these programs, ranging between 35% and 72% (Alexandre et al., 2002). The wide variance in the percentage of compliance further justifies the need for more research on this topic in order to discover ways to close the gap and increase client participation in HEPs.



Primary References

- Alexandre, N. M., Nordin, M., Hiebert, R., & Campello, M. (2002). Predictors of compliance with short-term treatment among patients with back pain. *Pan American Journal of Public Health, 12*, 86–94.
- Chen, C.-Y., Neufeld, P. S., Feely, C. A., & Skinner, C. S. (1999). Factors influencing compliance with home exercise programs among patients with upper-extremity impairment. *American Journal of Occupational Therapy, 53*, 171–180.

