

# UPPER LIMB FUNCTION OF BOIKHUCO OLD AGE HOME RESIDENTS

## Background

Upper limb function is regarded as the ability to use the shoulder girdle, elbow and hand in a co-ordinated manner. A decrease in upper limb function contributes to a decline in the ability to function independently. Boikhuco is a community based care home situated in Mangaung, Free State. Physiotherapy treatments at Boikhuco mainly focuses on general mobility and lower limb function and the upper limb function of residents are often neglected.

## Aim

The aim of this study was to determine upper limb function of residents of Boikhuco Old Age Home. Standardised scales, namely Disability of the Arm, Shoulder and Hand (DASH) and Test évaluant la performance des Membres supérieurs des Personnes Agées(TEMPA) were used as subjective and objective measures respectively.

## Design

Observational descriptive study.

## Participants

All the permanent residents of Boikhuco Old age home.

## Results

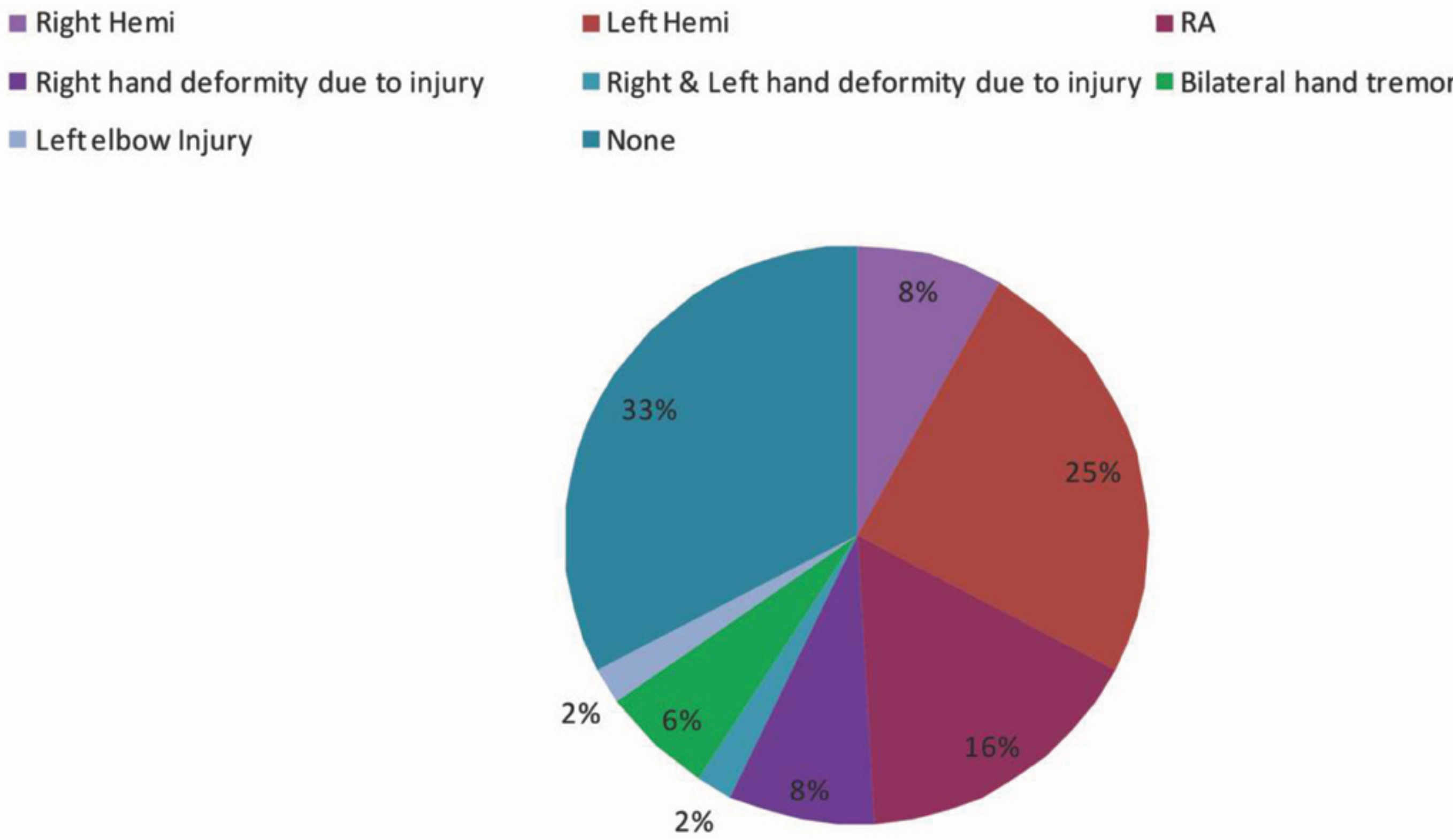
Of the seventy (70) participants, twenty (20) were cognitively unable to complete the DASH and TEMPA tests. A mean of 38.72% DASH disability score with a standard deviation of 23.167 was calculated. TEMPA data was reported by age and gender per decade. The time taken to execute tasks generally increased with age and it was significantly higher in comparison to normative data.

## Conclusion

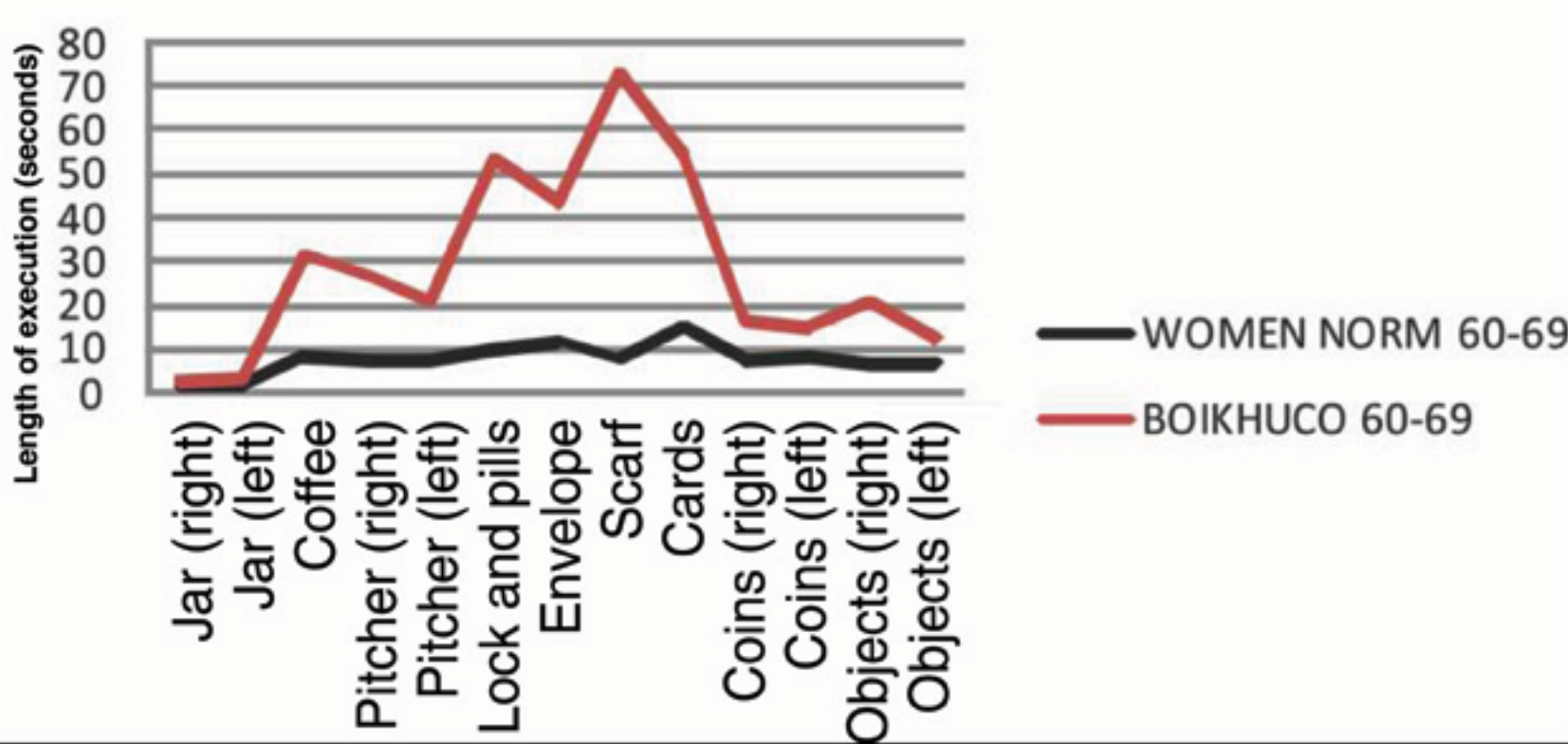
The upper limb function of the permanent residents at Boikhuco Old Age home was significantly poorer in comparison to normative data of the TEMPA. The need for Physiotherapy specifically directed at upper limb function is recommended.



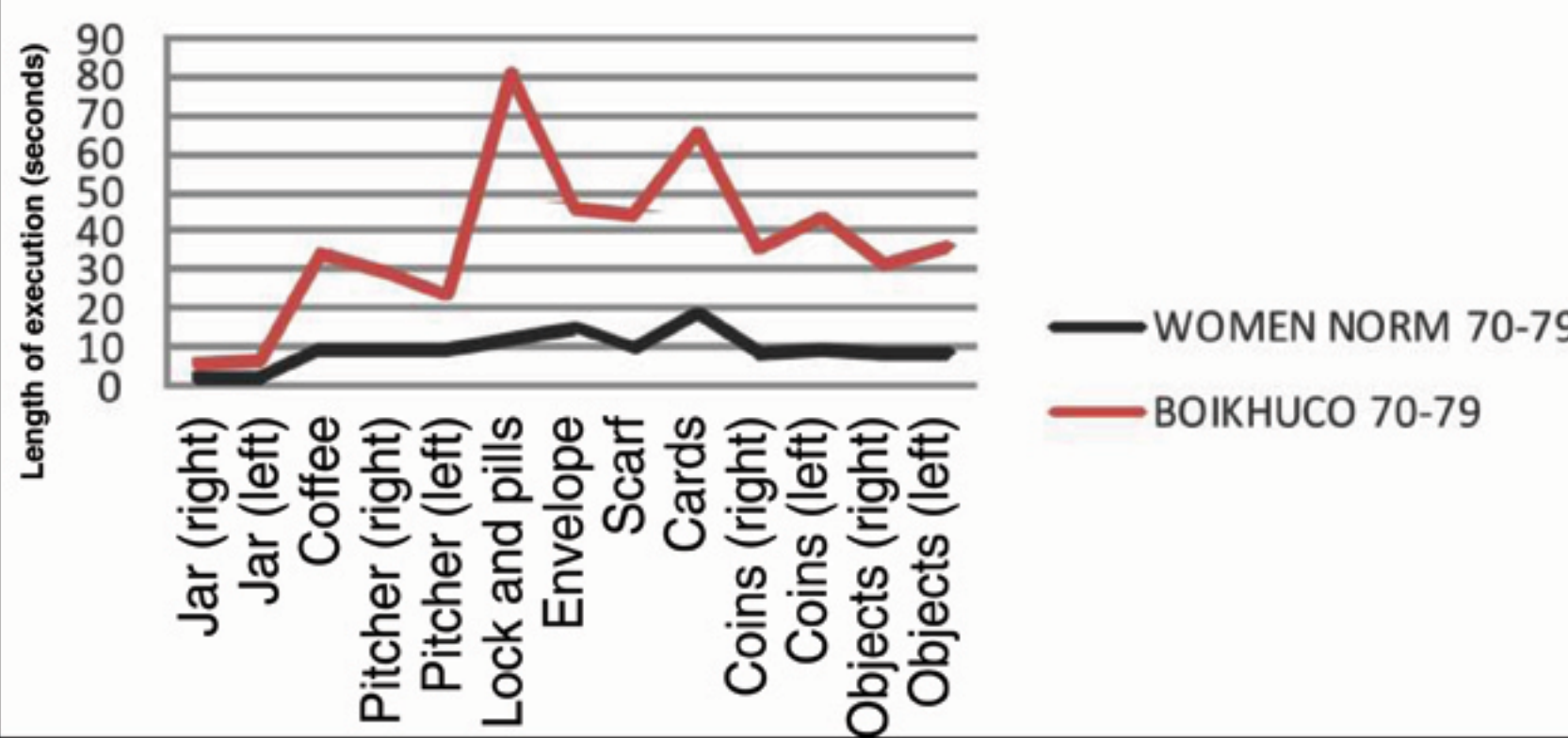
### Upper limb impairments



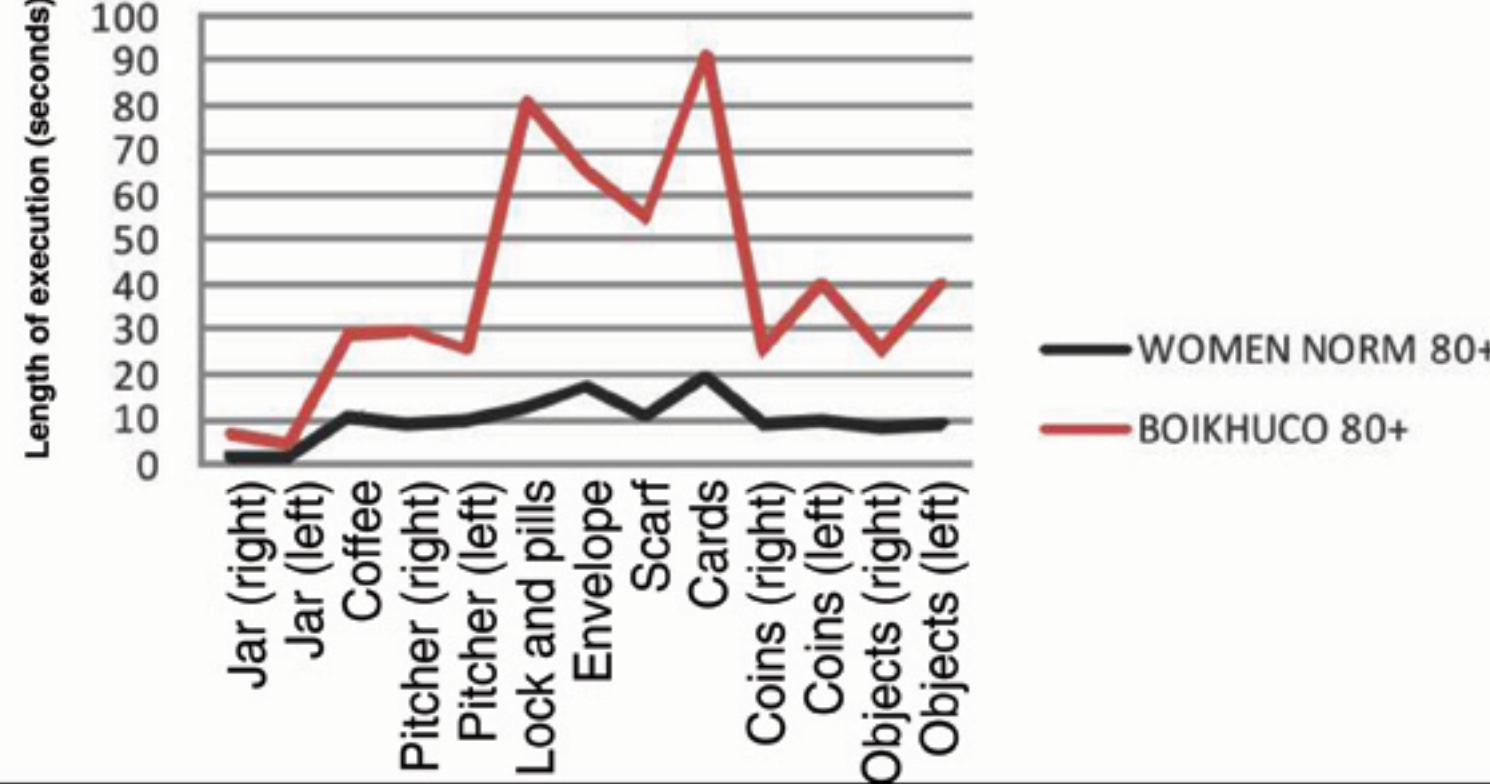
### Normative data vs Boikhuco 60-69 (WOMEN)



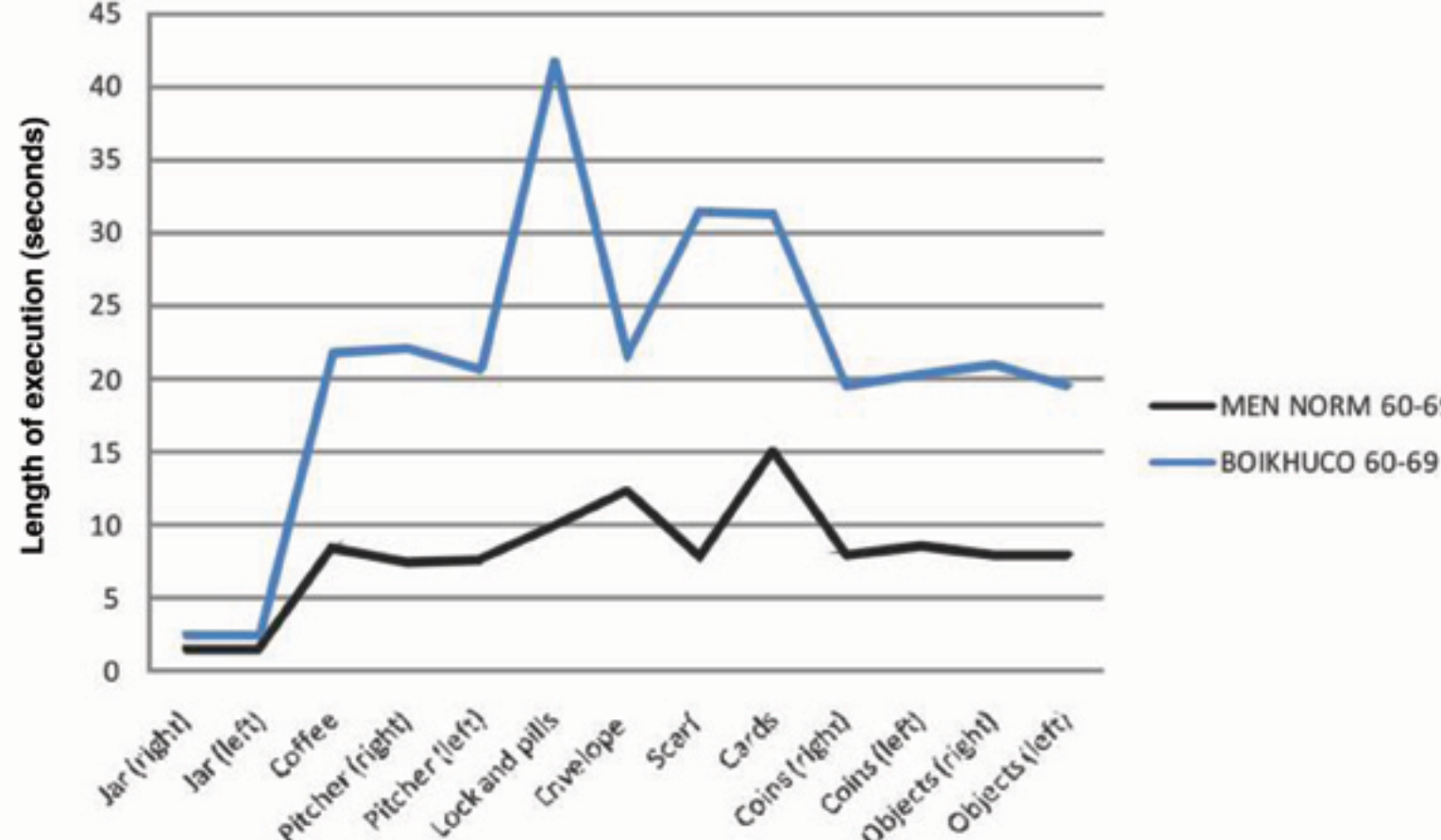
### Normative data vs Boikhuco 70-79 (WOMEN)



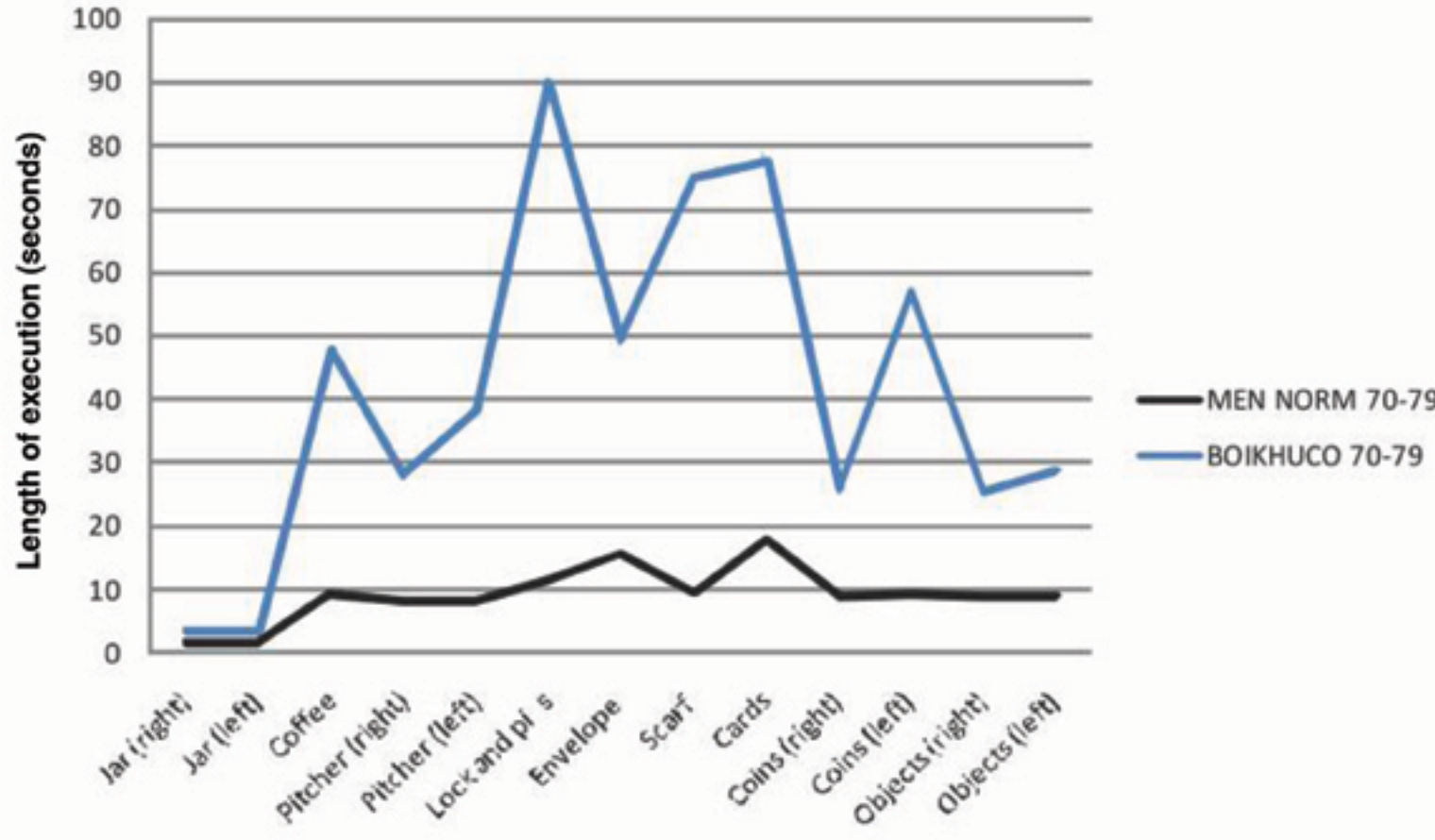
### Normative data vs Boikhuco 80+ (WOMEN)



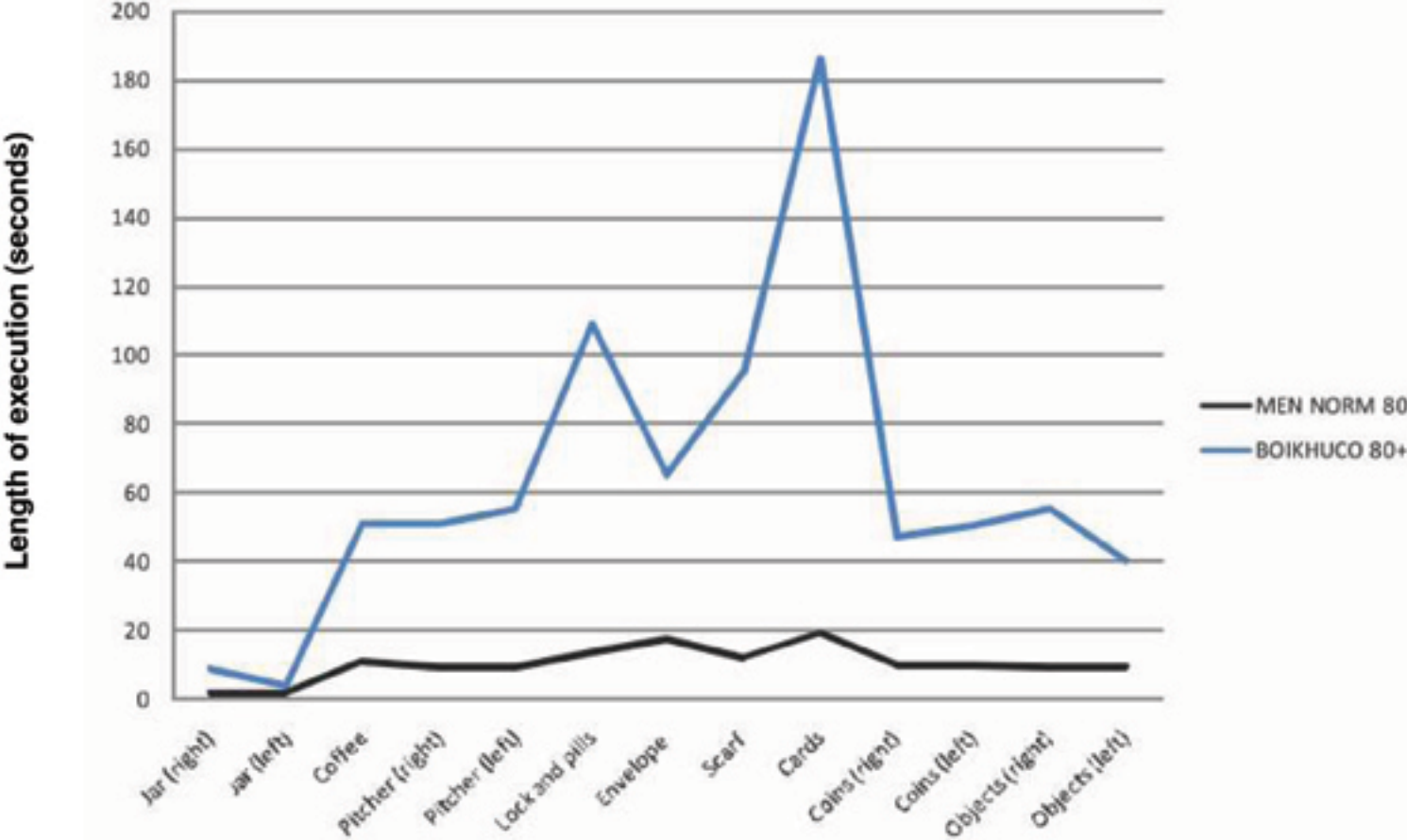
### Normative data vs Boikhuco 60-69 (MEN)



### Normative data vs Boikhuco 70-79 (MEN)



### Normative data vs Boikhuco 80+ (MEN)



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