

Abstract

Background

Occupational therapy (OT) is a branch of health care that focuses on helping people of all ages achieve independence in their daily activities. OT treatment may include a variety of interventions, such as electrotherapy, providing exercises to improve strength and range of motion, or developing strategies to improve memory or problem-solving skills.

Objective: To determine the effectiveness of electrotherapy modalities to improve muscular performance and coordination in occupational activities.

Data sources: Search strategies were conducted on 5 Randomized control trial and one Pilot study and one Experimental proof.

Results: seven studies (151 participants) were analyzed. Movement therapy plus electrical stimulation for at least two weeks is likely to produce the best outcome in improving muscle recruitment and coordination patients with in patients with occupational activities disorders.

Conclusion: the available evidence suggests that the electrical muscular stimulation in occupational therapy can be a useful adjunct to traditional therapy approaches for improving muscle function, strength, and physical function in a variety of populations.

Keywords: Electrical Muscular Stimulation, Muscular Stimulation, Occupational Activities, Occupational, NMES, FES