

COMPILATION OF UNDERGRADUATE THESES ABSTRACTS
BS in PHYSICAL THERAPY
2010-2015

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SUBJECT	THESES NO.	AUTHOR/S	TITLE	ABSTRACT
ADHESIVE CAPSULITIS; SPENCER TECHNIQUE; MAITLAND TECHNIQUE	BSPT 92 / 2015	Olan, Mary Angela D., Balanza, Nicanor C. Jr., Bautista, Gladene D.	Spencer and Maitland Technique on Adhesive Capsulitis: A Comparative Study	This study compared the effectiveness of Spencer technique with that of the Maitland technique in participants with adhesive capsulitis as to decreasing pain, increasing motion and improving function using a prospective, single-blind, pretest-post test control quasi-experimental approach. The study proved that Spencer technique is statistically significant in improving pain and function in patient with adhesive capsulitis more than Maitland technique. However, there is no significant difference in terms of improving range of motion.
ANKLE DORSIFLEXION ASSIST; FUNCTIONAL NERVE STIMULATION; SPINAL CORD INJURY; FOOT DROP	BSPT 78 / 2011	Talania, Kathleen Marie Isabel R., Mauleon, Jimmy O.,	Functional Electric Stimulation Combined with Ankle Dorsiflexion Assist to Improve Level Surface Ambulation and Muscle Strength among Patients with Incomplete Spinal Cord Injury Suffering from Foot Drop	This study compared the efficacy of FES followed by ADA and FES combined with ADA in enhancing muscle strength and improving level ambulation among patients with SCI suffering from foot drop deformity. A total of 50 patients diagnosed with incomplete SCI at Philippine Orthopedic Center with foot drop deformity were purposely selected to be participants with a dorsiflexor muscle grade of 2/5. The data gathering instrument that were used were the following: standard manual muscle testing and gait assessment form and visual analysis. Patients were grouped into two: control group who were treated with FES combined with ADA while doing gait training. The results were collected on the first week as a pre-assessment and on the fourth week as a post-assessment on both control group and treatment group. Pre-assessment and post-assessment of treatment group were compared as well as in the control group, to further identify the difference between post-assessment. It was found out that there were significant differences between the two methods as to phases of gait in stance phase, range of motion during gait cycle at swing phase and muscle strength, with computed values of 244,000, 7.783 and 7.778 which was greater than the tabular value of 2.306 at 0.05 level of significance. If the target outcome among incomplete SCI with foot drop is to improve level surface ambulation as to phases of gait, range of motion during gait cycle and muscle strength, it was recommended that FES combined with ADA during gait training should be utilized rather than FES followed by ADA.

COMMUNITY-BASED REHABILITATION; NEEDS ASSESSMENT; HEALTH PROBLEMS	BSPT 91/ 2015	Meliton, Dianne Nicielle A., Manalo, Mikhail G., Olipas, Daphne N., Flores, Maria Simplicia	Community-Based Rehabilitation at Brgy. San Jose, Sico, Batangas City: Needs Assessment	<p>This study identified the needs and common health problems of Brgy. San Jose, Sico, Batangas City for the implementation of the CBR program in empowering the PWDs. This study utilized descriptive method. A validated survey questionnaire was given to the residents of the community and Barangay officials. The questionnaire was composed of six categories with sub items about knowledge, health, education, economics, social aspects and sense of empowerment in the community. Participants were chosen using cluster sampling and Slovin's formula from the total of 900 households at the barangay. Purposive sampling was also used for focus group discussion which was composed of nursing aide, midwife, barangay health workers and barangay officials who have better knowledge and understanding on the current situation of the community. All residents of the barangay who have been residing for at least 6 months were included in the study. The gathered data were thematically analyzed based on the CBR matrix presented by the World Health Organization (WHO). Based from the results, Brgy. San Jose, Sico, Batangas City presented several problems that encompasses the six components of the CBR matrix. In health, problems were lack of accessibility of health services, diversity of available medicines, and lack of knowledge on rehabilitation services among others. As to education, many persons were not able to have formal education especially the PWDs. Poverty was also stated as the major cause of all problems in health, livelihood, and education. Lack of knowledge with regards to the CBR also had a big impact with current needs of the community. The needs of the barangay were acknowledged based from all spheres of CBR and recommendations were made in accordance with the results of the study.</p>
ETHICAL ISSUES; PHYSICAL THERAPIST ; PPTA CODE OF ETHICS	BSPT 79 / 2011	Aclan, John Cristopher P., Esteron, Jacqueline J., Contreras, Marilou A.	Adherence to Philippine Physical Therapy Association Code of Ethics of Physical Therapy Clinicians in Selected Hospitals in Batangas	<p>This study identified adherence to PPTA code of ethics of physical therapy clinicians in selected hospitals in Batangas and know the relationship of such adherence to the demographic profile of the participants. Licensed physical therapists were selected from seven different hospitals in Batangas. The data gathering instrument was adopted from PPTA Code of Ethics. The instrument was a survey questionnaire consisting of 34 statements answerable by Likert scale. The study revealed that these ethical issues have a major impact on their relationships with other organizations and professions and that physical therapists with regards of age, gender, position in the clinic and years of service have different ethical decisions and issues. It was also revealed that there is no significant relationship between the respondents' profile variables and ethical issues. the adherence to the PPTA code of ethics of physical therapists is an important component of professional development that would have a significant impact in the provision of quality health care service.</p>

GRIP STRENGTH; HAND DYNAMOMETER; SPHYGMOMANOMETER; MIDDLE CEREBRAL ARTERY STROKE	BSPT 80 /2012	Clanor, Eloisa Joy P., Dela Luna, John Justine L., Abante, Bryan Karlo A.	Comparison of Methods of Measurement of the Grip Strength through Dynamometer and Modified Manual Sphygmomanometer of Middle Cerebral Artery Stroke Patients.	This study investigated the reliability and validity of using two different instruments namely the hand-held dynamometer and the modified sphygmomanometer in MCA stroke patients with right hand being affected. The study utilized a comparative research design with quasi experimental approach. The profiles of the participants were analyzed using frequency and percentage. Cronbach's Alpha and Pearson Correlation Coefficient were used to determine the index of comparability between the two methods. It was revealed that both the hand-held dynamometer and the modified sphygmomanometer have a high reliability index in terms of measuring the grip strength of MCA stroke patients. Either of the two measurements can be used to assess baseline and post-treatment measure of grip strength. Furthermore the study also revealed that there is no correlation in the grip strength measurements between the two instruments.
HERNIATED NUCLEUS PULPOSUS; LUMBAR TRACTION;	BSPT 83/ 2011	Nazareno, Benjamin L., III., Luna, Queenie Lyn M., Flores, Maria Simplicia E.	Effectiveness of Lumbar Traction in Proper Position Among Individuals with Herniated Nucleus Pulposus: A Comparative Study	This study evaluated the effects of using lumbar traction in prone position to patients with herniated nucleus pulposus with symptoms of low back pain. Utilizing the comparative type of study. Twenty participants were included in the study with low back pain secondary to herniated nucleus pulposus. From two hospitals namely Mary Mediatrix Medical Center, Lipa City, Batangas, and Philippine Orthopaedic Center, Banawe, Quezon City. The participants received physical therapy sessions three times per week for six weeks and evaluated on a weekly basis using the adapted questionnaire. The data gathering instrument used was a numerical pain scale (1-10), and the Modified Oswestry Low Back Pain Disability Questionnaire. After 6 weeks of therapy, significant improvement was seen in the participants that undergo lumbar traction delivered in prone in pain scale, ROM and ADL. There is no significant difference when prone was compared to the outcomes gathered from supine position. Hence, the researchers recommended that prone traction should not be the only modality for low back pain, but rather should be a part of a treatment program including other physical therapy methods as well.
LOWER LIMB EDEMA; DIABETES; FARADISM ; INTERMITTENT PNEUMATIC COMPRESSION	BSPT 85 / 2014	De Torres, Arvin R., Moreno, Jasper James A., Matanguihan, Alvin G.	Intermittent Pneumatic Compression (IPC) and Faradism Under Pressure (FUP) in Reducing Lower Limb Edema in Diabetic Patients: A Comparative Study	This study compared the effectiveness of Intermittent Pneumatic Compression and Faradism under pressure in reduction of lower limb pitting edema in diabetic patients. Ten (10) patients comprising 20 lower extremities aged 40 and above with bilateral lower limb edema secondary to diabetes were included in the experimental study. Participants were females for the IPC group while the other group has three males and two females for the FUP group, all patients are ambulatory. All edematous lower extremities were measured through limb girth measurement and figure of 8 in the ankle before and after the treatment. The difference between the two compression therapies, IPC and FUP were analyzed using paired t-test to compare effectiveness of both modalities with a p-value of 0.170 in figure of 8 measurement but with significant difference in limb girth measurement with a p-value of 0.000. It was revealed that the intermittent Pneumatic Compression and Faradism Under Pressure were both effective in reducing ankle edema in diabetic patients, but IPC was more effective than the FUP in reducing lower leg edema. However, FUP was more readily available due to its low cost.

MUSCULOSKELETAL DISORDERS; MYOFASCIAL PAIN SYNDROME; STRETCHING	BSPT/81-2013	Abante, Rachelle Vera B., Dilay, Jarah Jane R., Lizardo, Jonnalynn T.	Evaluation of Inhibitory Technique and Stretching Exercise in Reducing Musculoskeletal Complaints of Selected Government Workers	This research study determined the extent of effectiveness of taping and stretching treatment procedures and its correlation when used in combination in treating MPS, using an experimental research design. One-way ANOVA and Post Hoc Multiple Comparisson Test of Scheffe were used to analyze the data. Regression analysis was used to correlate findings. Results revealed that stretching, when correlated to martial status is the most effective singular treatment for MPS. This entails that through lengthening tight or shortened muscle, pain in the upper trapezius will be reduced and limited lateral flexion and motion; thus, reducing the disturbing factors, which interfere work thereby improving the body condition of the workers.
MYOFASCIAL RELEASE therapy; MYOFASCIAL PAIN SYNDROME; THERABAND® ROLLER MASSAGER; PASSIVE STRETCHING; COMMON ROLLER MASSAGER	BSPT/90-2015	Lasig, Melissa Alyanna G., Hernandez, Maica M., Lantin, Andre Nicole K., Contreras, Marilou A.	Theraband R Roller Massager, Passive stretching & Common Roller Massager in Treating Symptoms: A Comparative Study	This study tested the effectiveness of Thera-Band Roller Massager compared to passive stretching and common roller massager in reducing MPS symptoms such as pain, LOM and weakness in the upper trapezii. Thirty high school teachers randomly selected from both private and public schools in eastern Batangas aged 20-60 were included in the study. Anova and PASW version 18 were used to analyze the data. Results revealed that all three interventions reduced pain i upper trapezii of the 30 participants; however, Theraband R roller massager was the most effective treatment in alleviating MPS syndrome as to pain. No significant differences were noted among the three interventions in terms of increasing muscle strength and ROM in the upper trapezii. The results of this study indicated that Theraband R roller massager is a convenient alternative intervention to passive stretching in the treatment of MPS symptoms.
PATIENT CARE COMPETENCE; CLINICAL POSITION	BSPT/88-2010	Gutierrez, Mary Dawn B., Marquez, Aarika G., Tolentino, Ma. Sunshine B., Contreras, Marilou A.	Relationship Between Demographic Profile and Patient Care Competence of Physical Therapy Clinicians Based on WCPT's Standards of Physical Therapy Practice	This study identified the relationship between demographic profile of physical therapy clinicians of rehabilitation facilities in selected areas in the province of Batangas as to age, gender, years of experience and clinical position and patient care competence based on WCPT's standard utilizing a descriptive design of study. The participants of the study purposively selected licensed Filipino physical therapists employed in hospital-based rehabilitation facilities of the selected ares in the province of Batangas. A total of 40 physical therapy clinicians were the participants. The data gathering instrument which was a self-assessment form was administered by the authors. The self-assessment form was distributed to physical therapy clinicians of ten rehabilitation facilities in selected areas in the province of Batangas. Participants' data were then retrieved, tallied, tabulated and analyzed. Based on the findings there was no significant relationship between patient care competence of physical therapy clinicians surveyed with their demographic profile as to age, gender, years of experience and clinical position. This was an indication that physical clinicians must be knowlegdegeable, skilled and competent in terms of giving quality patient care despite of their diverse demographic profile. The findings of this study signified that the standards of physical therapy practice of the WCPT is universal and basic and intrinsic to PT graduates. It can be inferred that whether the PT clinicians are male or female, older or younger, become more experienced or whether promoted into higher positions, they still practice what is minimally expected of them with regards to physical therapy knowledge and technical skills. This is what is being represented by the WCPT Standards of Physical therapy practice.

<p>QUADRICEPS STRENGTHNING EXERCISES; KNEE OSTEOARTHRITIS; CLOSED KINEMATIC EXERCISES; OPEN KINEMATIC EXERCISES</p>	<p>BSPT 84 / 2014</p>	<p>Macalalad, Casandra Danielle L.; Hosmillo, Kristene C.; Tumbaga, John Henry M.</p>	<p>Effectiveness of Closed Kinematic Chain Resistance Exercise on Knee Osteoarthritis: A Comparative Study</p>	<p>This study identified which between closed-chain and open chain exercise is a better exercise for improving quadriceps muscle strength and decreasing pain in patients with osteoarthritis of the knee. Quasi-experimental approach was used in this comparative study. Twenty participants were purposively recruited and were divided into 4 groups- pure open kinematic chain exercises, a set of open kinematic chain exercises then closed-kinematic chain exercises, one set of closed-kinematic chain exercise then one set of open kinematic chain exercises and pure closed kinematic chain exercises. Each group performed designated exercise 3 times a week for 8 weeks. ANOVA was used as statistical tool to determine if there would be significant differences between the four groups. Significant results (p-value at 0.032 which is less than 0.05 level of significant) were found between the groups in terms of post-pain whereas, no significant difference was found in terms of post manual muscle testing (MMT). Through this study, it was found out that two sets of closed kinematic chain exercises decrease pain more effectively than pure open kinematic chain exercises or combination of open and closed-kinematic chain exercises whereas, all were found equally effective in increasing quadriceps muscle strength in patients with knee osteoarthritis.</p>
<p>SCOLIOSIS; SPINE; POSTURE</p>	<p>BSPT 82 / 2013</p>	<p>Catilo, Vassily Dominic M., Cuachin, Anna Mariel I., Quilao, Nieveeh M., Flores, Ma. Simplicia E., Magbojos, Carina R.</p>	<p>Screening of Adolescent Idiopathic Scoliosis among High School Students in Tanauan City, Batangas</p>	<p>This study described the possible relationships between 1) age of the participants; 2) gender of the participants and 3) the type of school the participants go; and the measured degree of curvature using the Cobb's Method of Measurement via a schoolwide screening using the Adam's Forward Bending Test and AP-L thoracolumbar radiographs. The study was implemented in selected high school institutions in Tanauan City, Batangas. Using percentile ranking to organize the data and chi-square to determine if relationships exist between the said variables, findings showed that there are no relationships between the type of school, age and gender, and the degree of curvature of the participants who are positive for scoliosis.</p>
<p>STRESS; COPING MECHANISM</p>	<p>BSPT 89 / 2015</p>	<p>Nuas, Annabel M., Mercado, Claudine B., Ropero, Mie-Ann B., Matanguihan, Carl Owen S.</p>	<p>Stressors and Coping Mechanism of Physical Therapy Students of Lyceum of the Philippines University -Batangas</p>	<p>This study determined the stressors and coping mechanisms among enrolled physical therapy students in Lyceum of the Philippines University-Batangas (LPU-B). This study utilized a descriptive design in which participants were recruited from the total number of physical therapy students enrolled in LPU-B. Modified and survey questionnaires from journal on Murdoch University Veterinary students was given twice from July to August 2014 among physical therapy students of LPU-B in terms of written questionnaire and interview, respectively. Results showed that the academic aspect is the major stressor followed by intrapersonal, environmental and intrapersonal, respectively. Spiritual strategy is use as coping mechanism followed by cognitive, physical non-adaptive and emotional adaptive, respectively. It was concluded that among the stressors, physical therapy students in all year levels experienced academic stress primarily. To cope up with these stressors, all year level used spiritual strategy.</p>

<p>STROKE; SHOULDER AND ELBOW REGIONS; CONVENTIONAL THERAPY; VIRTUAL GAMING; NINTENDO WII THERAPY</p>	<p>BSPT 77 /2014</p>	<p>Inciong, Glenn Patrick K., Atienza, Julie Ann B., Arante, Aljhon L.</p>	<p>Nintendo Wii: an Alternative Method in Improving Shoulder and Elbow Range of Motion, Motor Performance and Strength in Post-Stroke Patients</p>	<p>This study assessed the effectiveness of Nintendo Wii in improving shoulder and elbow range of motion, motor performance and strength and compared it with conventional therapy among post-stroke patients using experimental design. Twelve participants were purposely recruited and were divided into 2 groups-control group treated with conventional therapy and treatment group treated with Nintendo Wii therapy. Each group were treated 3 times a week for 4 weeks. Descriptive statistics such as mean and Standard Error of Measurement (SEM) were used to show significant differences between the groups. Among the results, shoulder external rotation (p-value = 0.030) using Nintendo Wii therapy shows significant difference in the improvement of strength whereas, no significant difference was found in terms of range of motion and motor performance. Through this study, it was found out that the Nintendo Wii therapy was comparable to conventional therapy and was a good alternative in the improvement of shoulder and elbow range of motion, motor performance and strength.</p>
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