

عنوان مقاله:

Effect of Pilates on Pain Control and Wound Healing in Second Degree Burn Patients; a Randomized Clinical Trial

محل انتشار:

Journal of clinical care and skills, دوره 4, شماره 2 (سال: 1402)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Aims: Pilates is a sport that may play a role in reducing pain and healing burns faster like other sports, but these effects have not been investigated in a study. Therefore, this study aimed to investigate the effect of Pilates exercise on pain control and wound healing among patients with second-degree burns. **Materials & Methods:** This randomized clinical trial in which 64 patients were randomly divided into intervention, and control groups was conducted in 2019 in Amir al-Momenin Burn Injury Hospital in Shiraz, Iran. Intervention group patients received 12 sessions of 45 to 60 minutes of Pilates exercise individually and control group patients received routine care. In both groups, pain was assessed once before and 11 times after the intervention using the Visual Analogue Scale. Like pain, wound healing was assessed in both groups once before and 7th day and 14th days after the intervention using the Bets-Jensen Wound Healing Questionnaire. The data were analyzed using SPSS 21 software. **Findings:** In all times of the measurement, the mean of pain score and wound healing after the intervention were significantly improved in intervention group than control group ($p < .05$). **Conclusion:** Pilates exercise improves pain and burn wound healing in burned patients and it can be considered as a complementary intervention in the management of pain and wounds among patients with second-degree burns by health care providers.

کلمات کلیدی:

Pain, Wound Healing, Pilates, Exercise, Burn

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<https://civilica.com/doc/2063156>

