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Abstract Title: EFFECTIVENESS OF MANUAL THERAPY AND NEUROMUSCULAR TRAINING WITH CONVENTIONAL PHYSIOTHERAPY IN KNEE OSTEOARTHRITIS: A RANDOMIZED CONTROLLED TRIAL

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Abstract

Objective:

The purpose of this study was to see the "EFFECTIVENESS OF MANUAL THERAPY AND NEUROMUSCULAR TRAINING WITH CONVENTIONAL PHYSIOTHERAPY IN KNEE OSTEOARTHRITIS".

Methods:

A Randomized controlled trial study was conducted at Department of Physiotherapy Mayo Hospital Lahore and at some other settings related to my requirements within Lahore. I conveniently selected a sample of 58 patients and placed into two groups. The Manual therapy was applied in group A and Neuromuscular training in group B along with conventional physiotherapy for 4 weeks. The goniometry, Visual analog scale (VAS) and WOMAC for knee osteoarthritis were assessment tools to assess all the patients before and after 2 weeks of physical therapy intervention. Data was analyzed by SPSS and statistical tests were applied at 95% level of significance .This determined the efficacy of both the treatments regimens and compared with each other.

Results:

Patients in group A showed marked improvement as compare to group B.P-value (0.000) less than 0.05 was considered significant. After comparison between two groups, the group A treated with Manual therapy shows better results in improving pain and Reducing physical disability as compared to the group B treated with Neuromuscular technique.

Conclusion:

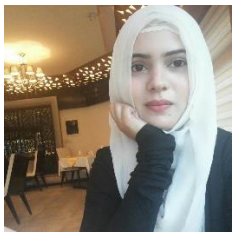
This study concluded that both the treatment techniques Manual therapy and Neuromuscular training were effective in managing knee osteoarthritis. However, Manual therapy had more

positive impact in improving pain, ROM and function as compared to those patients who were treated by Neuromuscular training.

Keywords— Knee osteoarthritis, physical disability, ROM (Range of motion),WOMAC (Western Ontario and McMaster Osteoarthritis Index)

Professional Biography

Nimra Arhad PT has completed her DPT at the age of 24 years from King Edward Medical University Lahore Pakistan and currently pursuing her postgraduation in Orthopedic and musculoskeletal Physical therapy from Riphah International University Lahore Pakistan. She is serving as Physiotherapy Lecturer in a medical institute as well as doing her individual clinical practice.



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