

The effectiveness of physiotherapy modality combining with exercise towards reducing pain among elderly with knee osteoarthritis in Malang, Indonesia

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Abstract

The prevalence of symptomatic knee osteoarthritis (OA) among elderly in Indonesia is still high with 11.55% in men and 15.7% in women, which this condition affect their mobility. Due to the fact that pain is one of the main factors responsible for limitation of their functionality, thus it such an important things to do intervention to manage it. Modality physiotherapy and exercises proved is an effective therapy to improve function as the use of non-hormonal anti-inflammatory drugs in patients with knee OA. Previous studies explained that it has an advantageous effect on increasing physical function, and also their mobility. This study aimed to assess the effectiveness of modality physiotherapy and exercise towards pain among knee OA patients in Malang within 12 weeks interventions. This study employs a quasi-experimental study with thirty participants recruited from 3 public hospitals in Malang. Participants were recruited using purposive sampling method with inclusion criteria: diagnosed with knee OA grade 1 and 2, and aged 50-75 years-old. They were divided into three group interventions, with each consists of ten participants. Group I has been given modality physiotherapy and exercise interventions for 12- weeks. While, Group II has been given the same interventions for 6-weeks, and group III were assigned as the control group and received usual care of physiotherapy. All of the participants were measured for their pain level using Visual Analogue Scale (VAS) questionnaire during the baseline, 6-weeks follow-up, and 12-weeks follow-up. Two ways ANOVA were used as data analysis. As a result, generally there was statistically significant reducing pain level after 12- weeks, which group I has the lowest level of reducing pain among other groups. Thus, the modality physiotherapy exercise was effective to reduce pain of patients with knee osteoarthritis.

Biography

Rakhmad Rosadi has been studying in PhD in Institute of Allied Health Science National Cheng Kung University, Taiwan since 2018. Recently, his research topic is about Osteoarthritis in Indonesia. He also works as a lecturer in Faculty of Health Science in University of Muhammadiyah Malang, Indonesia.



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