

# Home-based device beneficial for obese patients with knee OA

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(HealthDay)—For obese individuals, a novel, biomechanical, home-based gait-training device is associated with improvements in gait parameters at three and 12 months, according to a study published online July 28 in the *International Journal of Rheumatic Diseases*.

Omri Lubovsky, M.D., from Barzilai Medical Center in Ashkelon, Israel, and colleagues examined the effect of a gait-training device on gait patterns in a retrospective analysis. Data were included from 105 obese subjects (32 males, 73 females) with [knee osteoarthritis](#) who completed a 12-month program.

The researchers observed significant improvement in each of the gait parameters at three months, and further improvement at 12 months ( $P =$

0.03 overall). At three and 12 months, gait velocity increased by 11.8 and 16.1 percent, respectively, while single-limb support of the more symptomatic knee increased by 2.5 and 3.6 percent, respectively. Pain, stiffness, and functional limitations were reduced at three months (each P

"The study participants reported relief in pain and showed significant improvement in [gait](#) pattern after following the combined device and exercise program for 12 months," the authors write.

Several authors disclosed financial ties to AposTherapy.

**More information:** [Abstract](#)  
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