

Quadriceps exercise relieves pain in knee osteoarthritis

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(HealthDay)—A quadriceps isometric contraction exercise method is

effective for relieving pain in knee osteoarthritis (OA), according to a study published online May 25 in the *International Journal of Rheumatic Diseases*.

Lanfeng Huang, from the Second Hospital of Jilin University in Changchun, China, and colleagues enrolled 250 patients with a confirmed diagnosis of knee OA and randomized them to an exercise treatment test [group](#) (128 patients) and a traditional treatment [control group](#) (122 patients). The test group used quadriceps isometric contraction exercise, while the control group used local physical therapy and oral [nonsteroidal anti-inflammatory drugs](#).

The researchers found that the test group had significant relief in pain one month after treatment in visual analogue scale scoring and in the Western Ontario and McMaster Universities Osteoarthritis Index questionnaire ($P = 0.05$), while significant improvement was noted in the control group (P

"Through our short-term observation, joint pain was effectively relieved and knee joint function was improved with systematic quadriceps isometric contraction exercise," the authors write.

More information: [Abstract](#)
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