

# Joint mobilization plus exercise beneficial for knee osteoarthritis

December 3 2018

---



(HealthDay)—Patellar mobilization therapy (PMT) plus exercise has the

potential to reduce pain and improve function and quality of life for patients with knee osteoarthritis, according to a phase 2 study published Nov. 12 in the *Annals of Family Medicine*.

Regina Wing Shan Sit, M.B.B.S., from the Chinese University of Hong Kong, and colleagues randomly assigned 208 primary care patients with knee osteoarthritis to either an intervention group (three PMT treatment sessions from [primary care physicians](#) at two-month intervals with concomitant prescription of a home-based vastus medialis oblique muscle exercise) or a control group, who were put a wait list.

The researchers found a greater improvement in the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) pain score in the intervention group than in the [control group](#) at 24 weeks. They also observed significant differences in all secondary outcomes between the groups, including the WOMAC composite, function, and stiffness scores; the visual analog scale score for pain; and objective physical function tests (30-second chair stand, 40-minute walk test, timed up and go test, and EuroQol-5D).

"Future [clinical trials](#) with comparison to other active comparator controls will help determine the overall efficacy and facilitate the deployment of PMT in real-world practice," the authors write.

**More information:** [Abstract/Full Text](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Joint mobilization plus exercise beneficial for knee osteoarthritis (2018, December 3) retrieved 18 April 2024 from <https://medicalxpress.com/news/2018-12-joint-mobilization-beneficial-knee-osteoarthritis.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.