

# Meta-analysis: Valgus knee bracing helps pain in knee OA

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with brace use were reported by up to 25 percent of [patients](#).

"Meta-analysis of randomized trials suggests valgus bracing for medial knee OA results in small-to-moderate improvements in [pain](#)," the authors write. "Effect sizes vary based on study design and warrant future research."

Several authors disclosed financial ties to Arthrex.

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

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(HealthDay)—For patients with knee osteoarthritis (OA), valgus knee bracing is associated with improvements in pain, according to a meta-analysis published in the April issue of *Arthritis Care & Research*.

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Rebecca F. Moyer, Ph.D., from the University of Western Ontario in London, Canada, and colleagues conducted a [meta-analysis](#) of randomized controlled trials to examine the effects of valgus knee bracing on pain and function. Six studies that compared changes in patient-reported pain and/or function in patients with medial knee OA were included in the analyses.

The researchers observed a significant difference favoring the valgus brace group for improvement in pain (standardized mean difference [SMD], 0.33;  $P = 0.001$ ) and function (SMD, 0.22;  $P = 0.03$ ) overall. The effect size was moderate for pain (SMD, 0.56;  $P = 0.04$ ) and function (SMD, 0.48;  $P = 0.04$ ) when compared with a control group that did not use an orthosis. Only a small, significant effect for pain remained (SMD, 0.33;  $P = 0.01$ ) when compared with a control group that did use a control orthosis. There was considerable variation in instructions for brace use, and compliance varied from 45 to 100 percent. Minor complications

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