

EFFECTIVENESS OF HOME-BASED EXERCISE PROGRAM WITH SELF-MANUAL THERAPY AND THERAPEUTIC EXERCISE IN INDIVIDUALS WITH KNEE OSTEOARTHRITIS IN COMMUNITY

KORNKAMON CHEAWTHAMAI 5337600 PTPT/M

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THESIS ADVISORY COMMITTEE: MANTANA VONGSIRINAVARAT, Ph.D.,  
VIMONWAN HIENGKAEW, Ph.D.

ABSTRACT

This study aimed to compare the effectiveness of the treatment programs of home-based exercise with and without self-manual therapy in individuals with knee osteoarthritis (OA). Forty three participants with knee OA were randomly assigned into groups. All participants received the same home-based exercise program with or without self-manual therapy over 12 weeks. Outcomes measured were pain intensity, ranges of motion, six-minute walk test distance, the Knee Injury and Osteoarthritis Outcome Score (KOOS), Short-Form 36 (SF-36), patient's satisfaction. The results showed that the self-manual therapy program significantly decreased pain at 4 weeks and increased active knee flexion and extension at 4 and 12 weeks. The home-based exercise group showed significantly increased six-minute walk distance at 4 and 12 weeks. Both groups showed significantly improved KOOS and SF-36 score. Overall, the findings of this study show that the combination of self-manual therapy and home-based exercise showed better benefits in decreasing pain and improving active knee ranges of motion while the home-based exercise program improved physical activity in patients with knee OA.

KEY WORDS: KNEE OSTEOARTHRITIS/ SELF-MANUAL THERAPY/ HOME-BASED EXERCISE/ PHYSICAL THERAPY/ COMMUNITY

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