

Abstract

Kezia Nixon

Home Exercise Therapy in the Treatment of Osteoarthritic Knee Pain

Knee osteoarthritis is a pressing public health concern. Pain associated with osteoarthritis of the knee is the chief complaint of most patients, encouraging them to seek medical attention. Pharmacological approaches for the treatment of knee osteoarthritis have been found to be inadequate. Given the prevalence and chronicity of osteoarthritic knee pain there is an obvious need for treatment that can be provided for the course of the disease with minimal adverse side effects. Exercise therapy has been found to significantly improve both pain and function among individuals with knee osteoarthritis. The primary objective of this quality improvement project was to investigate the effectiveness of a home based knee conditioning program on self-reported knee pain in individuals suffering with osteoarthritic knee pain. The target population was derived from volunteer patients of a local pain clinic. The volunteers were asked take part in a home exercise program especially designed for individuals with osteoarthritis of the knee. The knee conditioning program subsequently had a positive impact on self-reported knee pain after just four weeks.