عنوان مقاله:

Effects of three Combined Training Methods on Pain and Function of Patients with Knee Osteoarthritis

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خلاصه مقاله:

Background:Knee osteoarthritis is a common disease that causes pain and impairment of normal performance. The aim of this study was to compare the effects of the three combined training methods on pain and function in patients with knee osteoarthritis.Methods and Materials:This study is a semi-experimental research, and it makes use of pretest and posttest methods in which ۳۰ male patients were selected and randomly assigned into three groups, namely the experimental group ۱, the experimental group ۲ and the experimental group ۳. The groups underwent an ۸-week period of training. Pain severity and functions were measured via Visual Analogue Scale (VAS) and function through Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) questionnaires before and after exercise. Data were analyzed using variance analysis (ANOVA) ($P < 0.05$).Results: The ANOVA demonstrated a significant difference between groups about pain ($F_{(۲, ۲۷)} = ۳۵.۱۲$, ($P < 0.01$)) and function ($F_{(۲, ۲۷)} = ۳۲.۷$, ($P < 0.01$)). Post hoc analysis revealed significant differences between experimental groups ۱ and ۲ ($P < 0.05$) and experimental groups ۱ and ۳ ($P < 0.01$) regarding pain and function, but there was no significant difference between experimental group ۲ and ۳ for pain and function ($P > 0.05$).Conclusion:Following the intervention, three groups showed a reduction in pain and improvement in function. The rate of recovery in the first experimental group was higher than other groups, and that a new approach in the treatment of patients suffering from severe pains was introduced in patients with patellofemoral pain syndrome.

کلمات کلیدی: