Comparative effects of acupuncture, physical modality and home based Exercise Training on Symptom of Knee osteoarthritis.

Mohammad Saleki MD1, Tannaz Ahadi MD2, Mohammad Razi MD3, Gholam Reza Raeisi MD4, Bijan Forough MD5

1 Sport medicine specialist, Department of sport medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran.
2 Assistant Professor, Department of physical medicine and rehabilitation, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.
3 Assistant Professor, Department of orthopedic surgery, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.
4 Associate Professor, Department of physical medicine and rehabilitation, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.
5 Associate Professor, Department of physical medicine and rehabilitation, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Corresponding Author: Mohammad Saleki MD

Background: Osteoarthritis is the most common joint disease with many patients having persistent disability due to pain and stiffness. Osteoarthritis most often affects the knee and more common in females. The aim of our study was for Comparative effects of acupuncture, physical modality and home based exercise training on symptom of knee osteoarthritis.

Method: This is a clinical trial which was performed in Firozgar Hospital in 2010. Sixty patients with knee osteoarthritis randomly allocated into three groups (A, B and C). The acupuncture group (A) received only acupuncture at selected acupoint for knee pain, the physical modality group (B) received TENS, US and Hot pack at pain areas. The exercise group (C) received isometric exercise of the knee. Each group received treatment 3 sessions per week for 4 weeks. Evaluating measuring tools were pain intensity (based on VAS) and function was measured with KOOS questionnaires. After 4 weeks results compared to before intervention.