

# The Effects of Laterally Wedged Insoles on Symptoms Reduction of Patients with Knee Osteoarthritis, A randomized, double-blind clinical trial

Alireza Moghtaderi<sup>a</sup>, Farnaz Dehghan<sup>a\*</sup>

<sup>a</sup> Department of Physical Medicine and Rehabilitation, Medical University of Esfahan, Esfahan, Iran

\*Correspondence to :

Farnaz Dehghan Hoseinabadi, MD

Assistant of Physical Medicine and Rehabilitation

Dept. of Physical Medicine and Rehabilitation, faculty of Medicine, Medical University of Esfahan Shohadaye Sufe, Esfahan, Iran

Email: dr.farnaz.dehghan@gmail.com

Tel: 00989133263915

## Abstract:

**Introduction:** Knee osteoarthritis (OA) is a common problem with increasing prevalence with age. This study was performed to determine the effects of laterally wedged insoles on symptoms reduction among patients with knee OA.

**Materials & Methods:** This is a randomized, double-blind clinical trial study which was performed, during the years 1389-88 in one year, among 114 patients referred to physical medicine and rehabilitation clinic of Kashani Hospital. Knee's functional degree was determined based on Edinburg index. Patients were followed for 2 months. They were assessed after one month and at the end of the study for the mode and duration of insole use. At the end of second month, again they were visited and evaluated according to knee pain severity in last 2 days, Knee's functional degree based on Edinburg index, and number of anti-inflammatory drugs used during the past 2 weeks. Individual characteristics, number of medications and the mode of insoles use were gathered in the questionnaire. Results were processed with SPSSV 11.5 statistical software and student T-test and k.