

Effects of retrowalking on osteoarthritis of knee in geriatric population

Deepti N. Wadhwa

MVP'S College Of Physiotherapy, Nashik, India

Background: In rural population, cross sitting positions in farming activities are very common which leads to wear and tear of knee joint. Biomechanical studies indicated persons with OA knee walk with increased adduction moment that alters the joint biomechanics; which causes symptoms in knee osteoarthritis patients. Retrowalking has recently emerged as a new concept in Physiotherapy and Rehabilitation.

Subjects and Methods: The Comparative study consists of 40 participants with the age more than 60 years were randomly selected as per inclusion and exclusion criteria. In group A Retrowalking and Conventional Physiotherapy treatment was given. In group B only Conventional Physiotherapy treatment in the form of pulsed SWD, strengthening exercise such as static and dynamic quadriceps exercise, straight leg raise, prone knee bending, side lying hip abduction, prone hip extension exercise was given. Participants received 9 sessions, 3 days/week for a period of 3 weeks.

Outcome measure: NPRS(Numerical Pain Rating Scale), WOMAC(Western Ontario and McMaster Universities Arthritis Index) and TUG(Timed Up and Go test) measured before and after intervention.

Results: The participants in group A showed highly significant improvement in NRS, WOMAC and TUG. This was associated in group B showed significant improvement in NRS, WOMAC, TUG.

Conclusion: Retrowalking is effective and can be used as adjunct to conventional treatment in decreasing pain and disability in patients with knee osteoarthritis.

Biography:

Graduation: MVP'S College Of Physiotherapy, Nashik

Post-Graduation: Dr.A.P.J Abul Kalam College Of Physiotherapy, Loni

Present Position: Working as Assistant Professor at MVP'S College, A Sub co-ordinator of Nashik District of Indian Association Of Physiotherapy Womens Cell, recently elected as Executive member of Maharashtra State Indian Association Of Physiotherapy.

Article Information

Conference Proceedings: Global Congress on Physiotherapy, Physical Rehabilitation and Sports Medicine (Paris)

Conference date: 22-24 April, 2019

Inovineconferences.com

***Corresponding author:** Deepti N. Wadhwa Email: wadhava09@gmail.com

Citation: Wadhwa DN (2019) Effects of retrowalking on osteoarthritis of knee in geriatric population. J Health Sci Dev.

Copyright: © 2019 Wadhwa DN. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.