

Retrowalking, A new approach toward rehab training for OA knee: A review article

Deepti N. Wadhwa

MVP'S College Of Physiotherapy, India

Abstract

Everyone talks of arthritis but considering its implications; no one wants to suffer from it! Arthritis foundation of India has cited an interesting ChaloChalein (come we will move) test that most of us can understand. American College of Rheumatology Diagnostic and Therapeutic Committee defined OA as ' A heterogeneous group of conditions that lead to joint symptoms and signs which are associated with defective integrity of articular cartilage, in addition to relative changes in the underlying bone at the joint margins'. The disease limits everyday activities, such as getting in and out of bed, dressing and climbing stairs. Patients with knee Osteoarthritis seems to develop their own gait pattern and try to unload the affected structures during gait. This prolonged usage of secondary gait compensation creates greater imbalances of muscle, progressively reducing muscle strength, endurance, flexibility and later ending to deformity

Whenever you encounter a difficult situation, stepping backward may boost your capability to deal with it effectively' written by Severine Koch. Retrowalking is sometimes referred to as backward walking, has been thought to be used already for several decades in Japan and Europe to get a physical workout, improve sport performance, promote balance and also to stay mentally fit. Retrowalking is a new approach in physiotherapy and rehabilitation. It has emerged as a beneficial exercise in terms of lowering peak patellofemoral joint compressive force, trauma to the articular cartilage is reduced, increase quadriceps strength, reduction in adductor moment at knee; all these reduce the disability thus leading to improved function. It also has effect on improving strength of hip extensors leading to reduced hip flexion moment during stance phase and thus preventing abnormal loading at knee joint and, in turn, the disability. Retrowalking is associated with increased cadence, decreased stride length and different joint kinematics as compared to forward walking and hence may offer some benefits over forward walking alone. Thus, Retrowalking a new approach for rehab training for osteoarthritis knee has numerous benefits and also improves the functional activity.

Article Information

Conference Proceedings: World Congress on Nursing & Healthcare (Paris)

Conference date: October 28-29, 2020

[Inovineconferences.com](http://inovineconferences.com)

***Corresponding author:** MVP'S College Of Physiotherapy, India Email: : wadhav09@gmail.com

Citation: Wadhwa DN (2020) Retrowalking, A new approach toward rehab training for OA knee: A review article . J Pediat Infants.

Copyright: © 2020 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. distribution, and reproduction in any medium, provided the original author and source are credited.