



Peak Physical Therapy and Wellness Newsletter

RESEARCH UPDATE - EXERCISE AND MANUAL THERAPY IS THE CLEAR CHOICE FOR OA

Coming Soon

Physical Therapy is a good choice for patellofemoral pain.

Research has shown that for patients with osteoarthritis of the knee, physical therapy is beneficial. In a study of 146 patients, their quadriceps strength, walking speed, and health related quality of life improved. The program lasted for 8 weeks and the gains were maintained for at least eight more weeks. Small group physical therapy verses individualized treatment showed no significant difference.

The above study certainly supports the hypothesis that physical therapy is beneficial for patients with osteoarthritis. More recently, the Ottawa Methods Group examined this hypothesis in greater detail. They used Cochrane Collaboration methods to examine the benefits of exercise and manual therapy in patients with osteoarthritis (in any stage). From 609 potential research articles, they ultimately chose 26 that met the controlled and randomized criteria. Thirteen of the articles reviewed resulted in a "Grade A" recommendation and 3 a "Grade C+" recommendation in favor of the use of exercise (primarily strengthening) and manual therapy for the management of patients with osteoarthritis.

Physical therapists specialize in prescribing therapeutic exercise and treating OA patients with manual therapy techniques to achieve the objectives of decreasing pain and improving function.

A conservative course of physical therapy is a good choice for many seniors that complain of pain with routine daily activities such as transfers, climbing stairs, walking, and recreation.

Fransen M, Crosbie J, Edmonds J. Physical therapy is effective for patients with osteoarthritis of the knee: a randomized controlled clinical trial. *J Rheumatol.* 2001 Jan;28(1):156-64.

Ottawa Panel Evidence-Based Clinical Practice Guidelines for Therapeutic Exercises and Manual Therapy in the Management of Osteoarthritis. *Phys Ther* Vol 85, 9, Sept 2005.

PATIENT TESTIMONIAL

My knee feels stronger, my balance is better, and I can now walk with my husband again. I also have learned what I need to do to keep this knee pain under control.

Virginia D



Our Services

Sports Medicine
Spine Care Program
Orthopedic Rehab
Post Surgical Rehab
Neurological Rehab
CardioPulm. Rehab
Gait/Balance Program
Work Related Rehab
Computerized Gait
Transitional Fitness
Personal Training
Massage Therapy
Wellness Coaching

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