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## Effectiveness of manual therapy and neuromuscular training with conventional physiotherapy in knee osteoarthritis

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The purpose of the current study was to characterize the effectiveness of two techniques on the outcome of knee osteoarthritis. Osteoarthritis (OA) is a universal persistent state resulting in pain, fatiguing and functional limitations. A randomized controlled trial study was conducted at Department of Physiotherapy Mayo Hospital Lahore and at some other settings related to my requirements within Lahore. I conveniently selected a sample of 58 patients and placed into two groups. The manual therapy was applied in group A and neuromuscular training in group B along with conventional physiotherapy for four weeks. The goniometry, visual analog scale (VAS) and the western ontario and mcmaster universities arthritis index (WOMAC) for knee osteoarthritis were assessment tools to assess all the patients before and after two weeks of physical therapy intervention. Data was analyzed by SPSS and statistical tests were applied at 95% level of significance. This determined the efficacy of both the treatments regimens and compared with each other. This study concluded that both the treatment techniques manual therapy and neuromuscular training were effective in managing knee osteoarthritis. However, manual therapy had more positive impact in improving pain, range of motion (ROM) and function as compared to those patients who were treated by neuromuscular training.

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