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Regenerative injections in osteoarthritis knee: Evidences

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Osteoarthritis is one of the most prevalent joint diseases and the leading cause of pain and disability around the world. Globally it ranks among the top 50 common sequelae of disease and injuries, affecting about 250 million people and estimated to affect around 4% of global population. Among the total global disease burden for OA, knee OA accounts for about 83%. Prevalence among females found to outnumber males in most of the studies. The prevalence of OA knee among American population found to be doubled since the mid-20th century. As the burden of this disease increases, the demand for Total Knee Replacement (TKR) surgeries goes up. According to estimates in US alone, there would be around 673% increase in TKR by 2030, needing about 3.48 million procedures done annually. There are various non-operative treatments available as conservative measures in OA Knee and a lot of controversies exist in the efficacy of these. Hence the paper discusses various regenerative injections viz., PRP, stem cells, dextrose prolotherapy used in OA knee and available evidences in literature.

Biography

Manoj Kumar P V Nair is an Indian Board Certified Physiatrist working in Dubai for the last 13 years. His main areas of interests are musculoskeletal medicine, interventional physiatry, pain management in musculoskeletal conditions, US guided injection techniques and sports injury rehabilitation. He is the author of books and journal articles and speaker in various platforms. He is passionate about lifestyle modifications in disease management and a regular participant in running events.

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