

KNEE OSTEOARTHRITIS: A REVIEW

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ABSTRACT

Osteoarthritis of the knee is a common chronic joint condition that causes pain and impairment. Physiotherapy is a non-invasive treatment option for OA management that includes a variety of techniques. The evidence for widely used physiotherapy treatments is summarized in this study. Although the kind of exercise does not seem to affect treatment success, there is substantial evidence that exercise has short-term positive benefits on pain and function. Individual, group, and home exercise are all effective delivery modalities, but therapist interaction may enhance effects. To get the best long-term results, it is necessary to focus on increasing exercise adherence. Knee taping may help relieve discomfort by realigning the patella and unloading soft tissues. In individuals with knee OA, there is additional evidence to support the use of knee braces. Although biomechanical studies indicate that lateral wedge shoe insoles decrease knee stress, clinical trials have not shown that they help with symptoms. Individual shoe features have been shown to influence knee stress in recent research, and there is now a lot of interest in the impact of changed shoe designs. While manual therapy should not be utilized as a stand-alone treatment, it may be helpful. In conclusion, although the study is not conclusive, there is enough data to suggest that physiotherapy treatments may help people with knee OA decrease pain and enhance recovery.

KEYWORDS: Braces, Exercise, Knee, Osteoarthritis, Patellar Taping, Physiotherapy.

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