

CLINICAL IMPROVEMENT OF CHRONIC ARTHROPATHY OF THE KNEE WITH MANUAL THERAPY. A PILOT STUDY.

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INTRODUCTION

The knee is the most commonly affected joint arthropathy in patients with hemophilia. The loss of range of motion (ROM) and joint pain, affect the progress and activities of daily life of the patient. Over time, functional impairment of the knee can affect the ankle and hip. So, it is important to try to improve the limitations of the knee as soon as possible.

OBJETIVES

Assess the effectiveness of joint drive to improve the mobility of the knee and pain perception. Note the improvement in the clinical assessment of knee arthropathy

METHODS

Twenty patients with hemophilia and arthropathy of the knee, participated in this study. Twelve patients were treated with grade II joint traction for 8 weeks with one session per week, 30 minutes each session. Treatment consisted of joint traction at the highest ranges of flexion and knee extension with proximal and distal fixation. The other eight patients formed the control group. An external evaluator assessed before and after treatment, knee flexion and extension using a goniometer, the perception of pain with VAS and clinical assessment scale with Gilbert.

RESULTS

In the experimental group had significant improvement in knee flexion and extension, in the clinical assessment ($p < 0.01$), and the perception of pain ($p < 0.05$).

No significant differences in the control group between the two assessments. There was no knee hemarthrosis in the experimental group during the treatment of Physiotherapy.

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CONCLUSIONS

The joint traction technique gives a clinical improvement in ROM, pain perception and clinical assessment of the knee. It needed more studies, with greater cohort and follow-up period to assess the effectiveness of traction articular knee arthropathy.

