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Impact of an integrated health education and exercise program in middle-aged Thai adults with osteoarthritis of the knee.

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Source

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Abstract

PURPOSE:

To examine the impact of an integrated health education and exercise program on knee osteoarthritis knowledge, self-efficacy expectations, behaviors, and health outcomes including severity of knee symptoms, muscle strength, joint range of motion, and body mass index in middle-aged adults with knee osteoarthritis.

DESIGN/METHOD:

Sixty-five participants were assigned to either Group 1 or Group 2. Both groups received a 1-day health education program followed by a facilities-based exercise program for Group 1 and a supervised home-based exercise program for Group 2, 3 times a week for 12 weeks.

RESULTS:

Participants in each group had a significant improvement in study variables at 2-, 8- and 12-week follow-ups compared with baseline assessment. There were no significant differences in study variables between the 2 groups, except muscle strength and right knee flexion.

IMPLICATION:

Integrated health education with either a facilities-based or supervised home-based exercise program is beneficial for patients with knee osteoarthritis.

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