SOP-03: The effect of physiotherapy in reducing pain and disability and patient satisfaction in patients with osteoarthritis of the knee joint attending the physiotherapy clinics at District General Hospital, Matara

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Introduction: It is a timely need to assess the effectiveness of physiotherapy modalities in the management of knee osteoarthritis (KOA). Patient satisfaction is also an important component in physiotherapy care. However, the number of studies that have evaluated the effects of physiotherapy combined with satisfaction is limited. This study aimed to determine the effects of physiotherapy in reducing pain and disability in KOA and to determine patient satisfaction among patients with osteoarthritis of the knee joint attending the physiotherapy clinics at District General Hospital, Matara.

Methods: A quasi-experimental study was conducted at the District General Hospital, Matara, using convenience sampling involving 50 patients diagnosed with KOA. The existing treatment protocol of the department which included heat therapy and quadriceps strengthening was given to patients. It included 30 minutes of physiotherapy at the clinic twice a week and a home exercise programme twice a day over a period of six weeks. The outcome was taken at the baseline and six weeks after the treatment using Western Ontario and McMaster Universities Osteoarthritis Index questionnaire and the 50-foot walk test to find the effect of physiotherapy and were analysed using paired sample t-test. Patient satisfaction was assessed by descriptive statistics with mean and standard deviation (SD) of the data collected from the Physiotherapy Outpatient Survey questionnaire.

Results: There was a significant reduction ($p<0.05$) in the time taken for the 50-foot walk test, pain, stiffness and difficulty in physical function following six weeks of treatment. There was a high level of satisfaction about the treatment and the highest and the lowest levels of satisfaction were for “therapist’s professional manner” and “treatment outcome” subscales, respectively.

Conclusions: Pain, stiffness and disability were significantly reduced with physiotherapy in patients with KOA, and patients were satisfied with physiotherapy treatment.

Keywords: osteoarthritis of the knee, effect of physiotherapy, patient satisfaction

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