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Impact of dynamic soft tissue mobilization on range of motion using physio U android app in subjects with knee osteoarthritis

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— Author & Article Information

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According to estimates, 80% of persons 65 or older have OA in their knees. The study, which aimed to prove the effectiveness of resisted quadriceps strengthening exercises and Dynamic soft tissue mobilization (DSTM) of hamstring muscles for cases of OA knee, was conducted with a robust methodology. Forty subjects participated in the study and were diagnosed with OA knees based on clinical and radiographic criteria. DSTM group Received Resisted quadriceps strengthening exercises and DSTM of hamstring muscles. In contrast, Conventional Exercise (CE) group underwent isometric quadriceps and hamstring stretching exercises five days a week for six weeks. The

WOMAC index and the Numerical Pain Rating Scale (NPRS) are outcome measures separately. All measures were made at baseline zero week and the 6th week. Statistics were analyzed using a Paired t-test Using SPSS software. Compared to CE group, DSTM group demonstrated statistically significant improvement on the NPRS scale, the WOMAC elements of pain, function, and stiffness score. ($p < 0.05$). In subjects with knee OA, the 6-week Resisted quadriceps training program and DSTM of hamstring muscles positively affected quadriceps muscle strength, discomfort, and functional impairment, providing reassurance in the effectiveness of these treatment methods.

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