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“A comparative study between the application of Perturbation exercise combined with Conventional Physiotherapy and only Conventional physiotherapy for Knee Osteoarthritis: A case control study on the patient attending at Musculoskeletal Unit of CRP Savar and CRP Mirpur from January 2017 to May 2017”.

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Session: 2015-2016

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May 2017

ABSTRACT

“A comparative study between the application of Perturbation exercise combined with Conventional Physiotherapy and only conventional physiotherapy for Knee Osteoarthritis: A case control study on the patient attending at Musculoskeletal Unit at CRP Savar and CRP Mirpur from January 2017 to May 2017”.Osteoarthritis is the commonest condition encountered by rehabilitation practitioners. Exercise program is the best treatment for knee OA patients. Perturbation exercise pain reduction in different functional activities. All over the world, a combination of treatment approaches in the management of OA are frequently used. This study aimed to compare efficacy of perturbation exercise combined with conventional Physiotherapy and only conventional physiotherapy for Knee Osteoarthritis. Case control quantitative experimental study design by selecting two groups experimental and control group. There having 13 subjects in each group nominated by inclusion and exclusion criteria. All the participants of both groups were given by conventional physiotherapy treatment except experimental group that was treated by perturbation exercise combined with conventional physiotherapy. At the beginning of the session and after 9 sessions of treatment, data was collected through WOMAC scale. Independent t and paired t test was done for finding out significant level. There were significant differences in experimental than control group by WOMAC questionnaire in 19 variables among 24 by independent t statistics.

Keywords: Osteoarthritis, Perturbation exercise, conventional physiotherapy.