

Effect Of Continuous Short Wave Diathermy and Infra Red Ray in Management of Symptomatic Knee Joint Osteoarthritis: A Comparative Study

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Abstract

The study compared the effect of continuous short wave diathermy (CSWD) and Infrared radiation (IRR) in the management of symptomatic knee osteoarthritis (SKOA) patients. Fifty patients with SKOA receiving treatment at Obafemi Awolowo Teaching Hospital Complex, Ile-Ife, were randomly assigned equally into CSWD, Group A and IRR Group B. Subjects in the two groups had isometric strengthening exercises to the quadriceps muscles. Group A and B had for 15 minutes CSWD and IRR respectively twice in a week for 6 weeks. Present pain intensity and joint range of motion were measured before the treatment, 3 weeks and 6 weeks of treatment. Data were analysed using Descriptive and inferential statistics. There was a significant reduction in pain intensity of subjects in group A ($f=11.05$, $p=0.001$) and group B ($f=3.843$, $p=0.045$) between pre-treatment, and 6th week of treatment. Pain intensity of group A was less than that of Group B at 3rd week. CSWD and IRR are equally effective in alleviating pain intensity of patients with SKOA but CSWD may reduce it faster.