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Exercise benefits knee osteoarthritis

Recent research, clinical guidelines and systematic reviews have consistently shown physiotherapy, including specific exercises to be effective in the management of knee osteoarthritis, as it reduces pain and improves physical function. Studies also confirm that exercise keeps joints mobile, improving cartilage health whilst maintaining muscle strength.

Despite the most efficacious exercise regimen yet to be determined for the treatment of knee osteoarthritis, studies have shown that different modes of exercise appear to be equally effective, although home programs may be less successful for pain relief than supervised exercise sessions. Best results have been achieved when physiotherapy has been delivered individually or in small groups. This is where our practice can help!

We are able to prescribe individual or small group exercise programs to suit your patient's condition, focusing on controlling pain, increasing flexibility, and improving muscle strength and endurance. Our physiotherapists can design appropriate program modifications so that the benefit of increased physical activity is achieved without aggravating the existing problem.

Further research has also shown that physiotherapy can prevent the onset of knee osteoarthritis and reduce the need for knee joint replacement surgery. Our practice can provide your patients with preventative physiotherapy exercises to counter both of these conditions.

So, let our trained professionals prescribe your patients with exercises, which research suggests lessens pain and increases function without accelerating the pathological process of osteoarthritis.



If you would like to know more about our services, please feel free to contact us for further discussion.

References: APA Evidence-based Clinical Statement- Knee Joint Osteoarthritis, APA Physiotherapy Research Update 2002, www.mydr.com.au, APA Position Statement – Physiotherapy in the management of arthritis and musculoskeletal conditions

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Early quadriceps exercises affect the outcome of ACL reconstructions

Evidence shows that physiotherapists can safely prescribe isometric quadriceps exercises and straight leg raises during the first two postoperative weeks following ACL reconstruction, for faster recovery of knee range of motion and stability. These findings reinforce the importance of physiotherapy in postoperative rehabilitation.

The physiotherapists in our practice can facilitate patients with a regime in an effort to generate small but statistically significant improvement in recovery of range of motion and the frequency of knee stability.

Studies investigating the efficacy of a variety of treatment modalities used in rehabilitation at the acute inpatient period to achieve the early objectives of ACL reconstruction have been reported, however few have specifically investigated the effectiveness of strengthening exercises. Those that have indicate quadriceps exercises are frequently advocated during the acute postoperative period, justifiable in terms of muscle strengthening or atrophy prevention and tissue healing physiology. This is despite there being concern over the safety of performing quadriceps exercises during this early phase, when the graft is thought to be at its weakest and susceptible to harm. Regardless of this apprehension, a number of published protocols have advocated quadriceps exercises such as isometric quadriceps exercises and straight leg raises.

This is where our practice can help! We are able to help patients recover from ACL reconstruction more rapidly through administering acute postoperative quadriceps exercises. Evidence supports this will aid in faster recovery in range of motion and may even result in lower incidence of abnormal knee laxity.

If you would like to know more about our services, please feel free to contact us for further discussion.

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