



KNEE PAIN

Excerpt from TexPTS PIER

PROBLEM: Knee Pain

INTERVENTION: Manual Physical Therapy & Exercise

EVIDENCE: Oxford Evidence Level= A

Using an innovative treatment approach consisting of manual therapy and exercise based on evidence published by our colleagues in the Annals of Internal Medicine¹¹ and our own work,¹² patients frequently report a 20-40% relief in their symptoms after only 2 – 3 sessions and some improvement is usually maintained for up to 1 year.

REFER:

Patient's with knee OA, especially those who meet Altman's criteria (radiographic osteophytosis and at least one of following three findings has a sensitivity of 91% and specificity of 86%.⁸ · age > 50; · morning stiffness < 30 minutes; · crepitus) This approach is helpful even for patients with severe pain and/or deformities. While deformities won't improve, pain arising from the periarticular tissues and resultant disability may be significantly reduced,¹¹ resulting in your patients having less pain and disability and a higher quality of life.

* References noted can be found on the original PIER document.

1324 Common Street Suite 307
New Braunfels, TX78130

Phone:830-625-7310
Fax:830-625-3228
www.TexPTS.com



