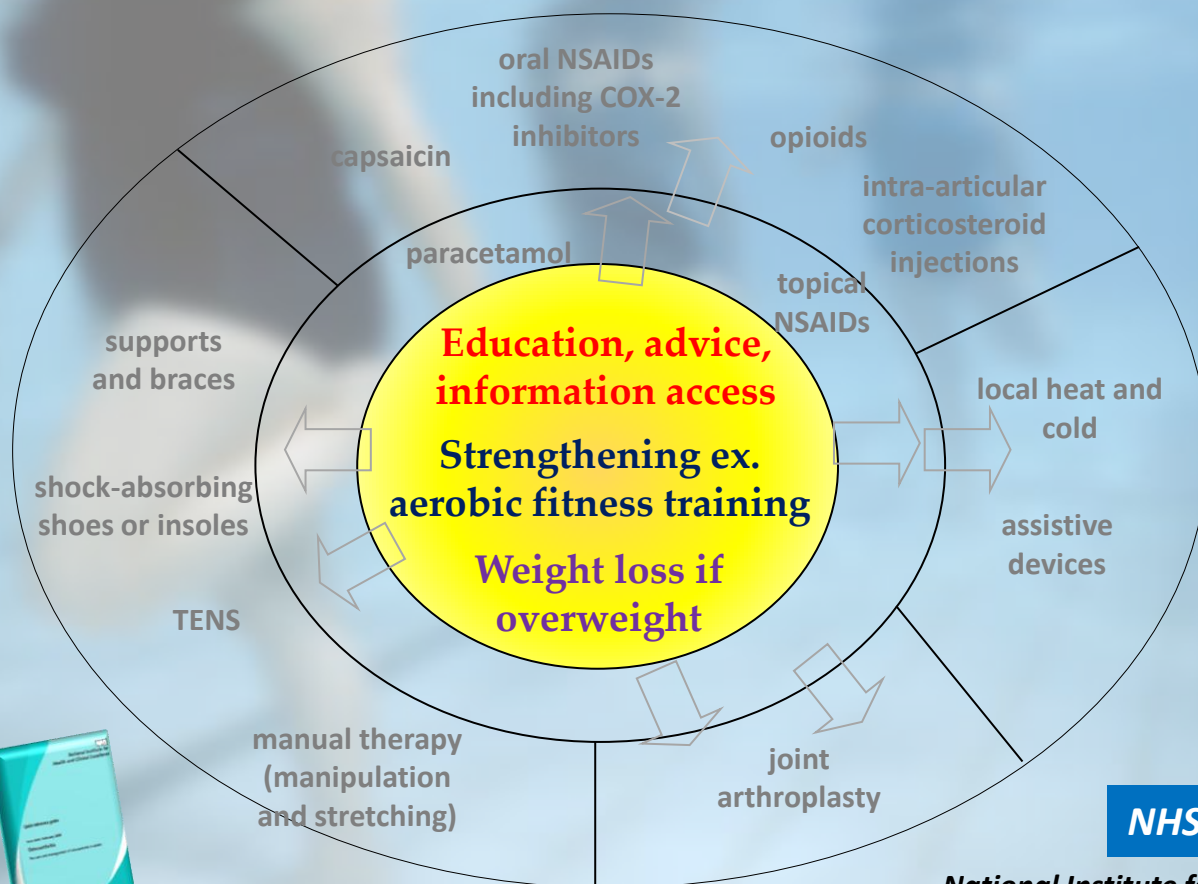
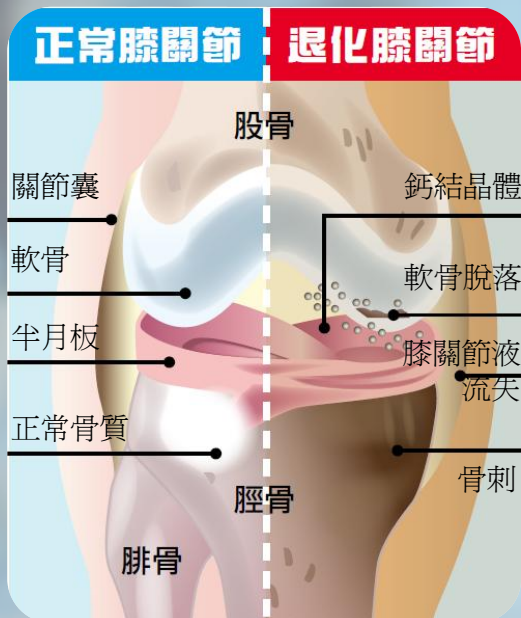


Effectiveness of Hydrotherapy Program for Patient with Severe OA Knee?

Wong TFY, Lau PMY, Chau RMW, Ng AYW, Kwok JWY, Chang VYK, Lau KSL
Physiotherapy Department, Kowloon Hospital



NICE clinical guideline 59

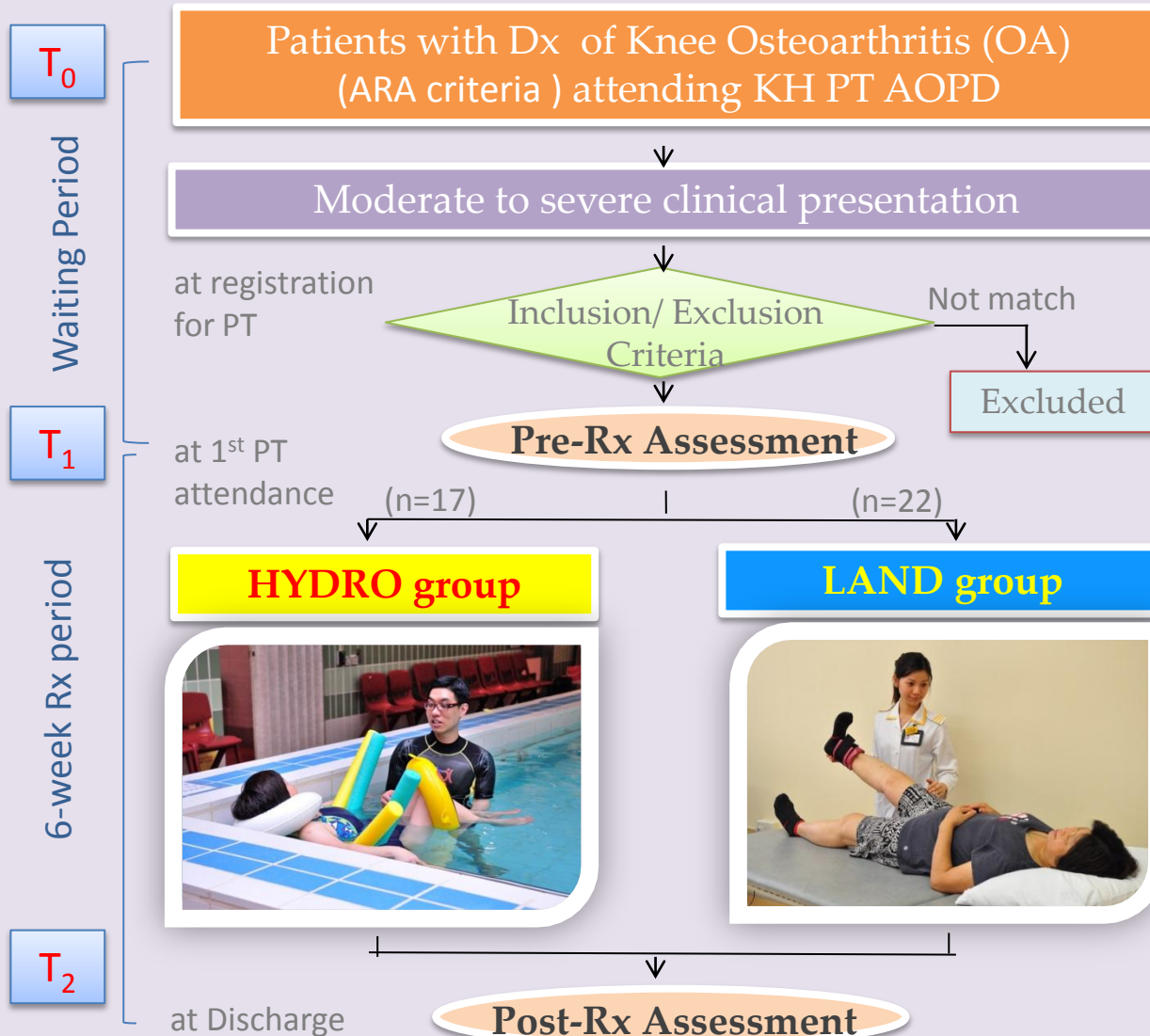
NHS

National Institute for Health and Clinical Excellence

Methodology



Study Period : 3Q & 4Q 2012



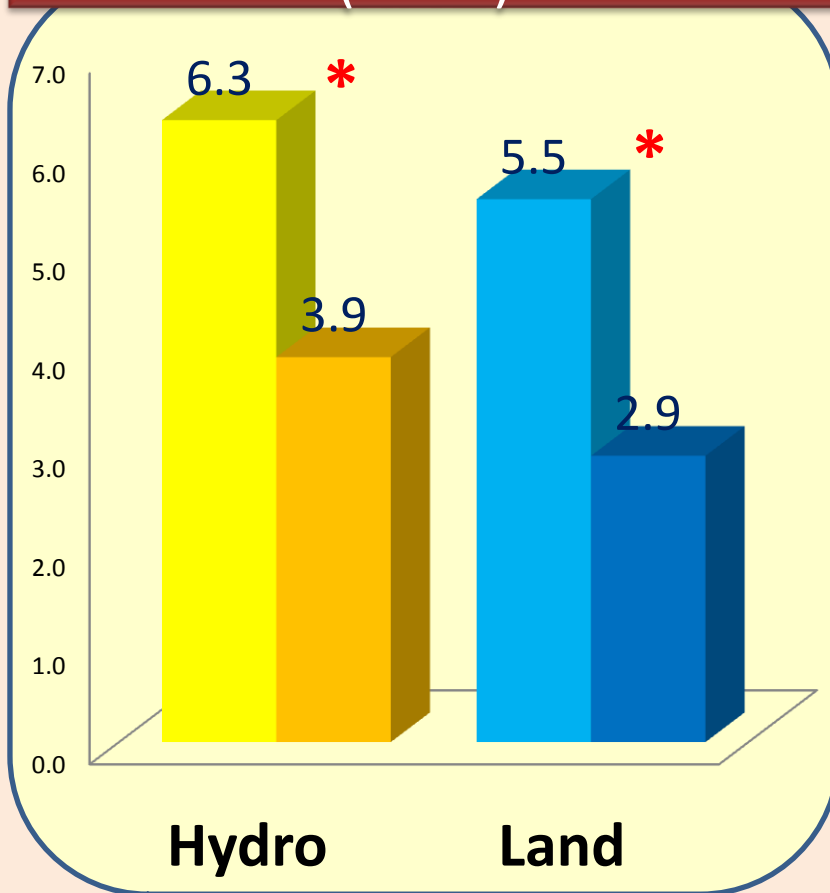
	HYDRO	LAND	P
Gender (♂:♀)	10:7	12:10	
Age	58.4 ± 7.7	67.1 ± 9.7	NS
BMI	26.1 ± 3.0	23.6 ± 3.1	NS
Symptom Duration (yr)	1.6 ± 1.6	2.2 ± 1.7	NS
NPRS @ T ₀	6.2 ± 2.2	5.5 ± 2.3	NS
NPRS @ T ₁	6.3 ± 2.1	5.5 ± 2.3	NS

NS = not significant

Results



Numeric Pain Rating Scale (NPRS)

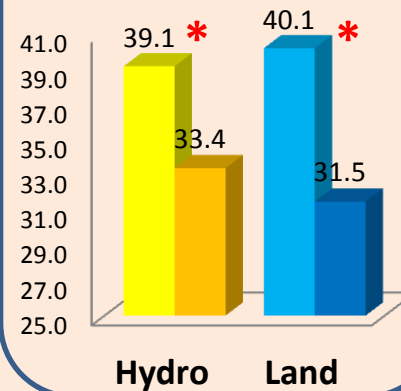


Pre-HYDRO
Post-HYDRO

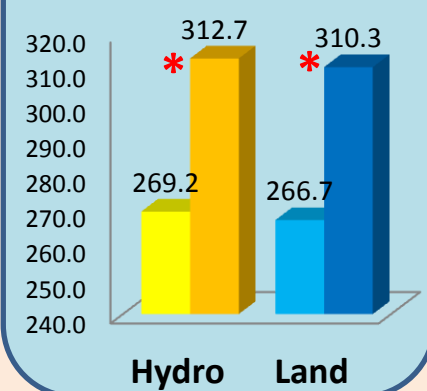
Pre-LAND
Post-LAND

* $p < 0.05$

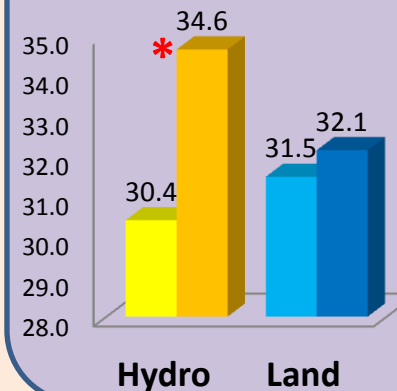
Western Ontario and McMaster Universities Arthritis Index (WOMAC)



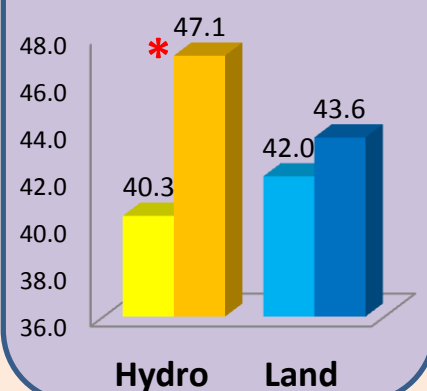
6-min walk test



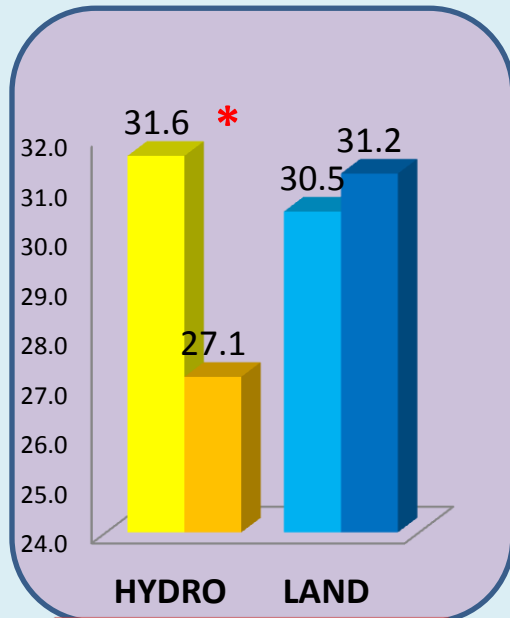
SF-12 QoL Health Survey (SF12-v2 Physical CS)



SF-12 QoL Health Survey (SF12-v2 Mental CS)

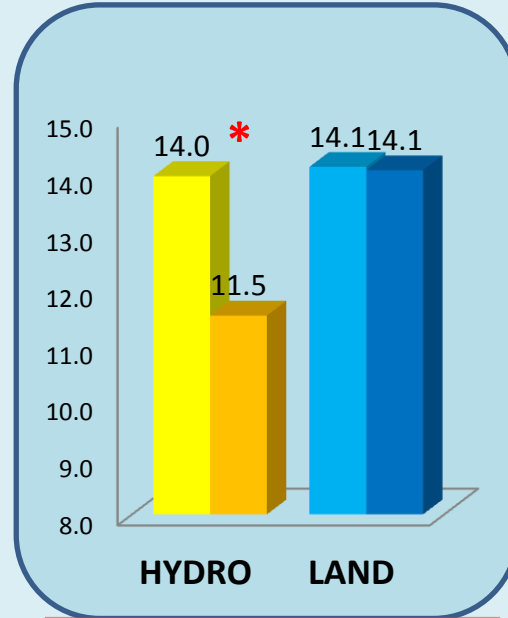


Tampa Scale for Kinesiophobia (TSK11)



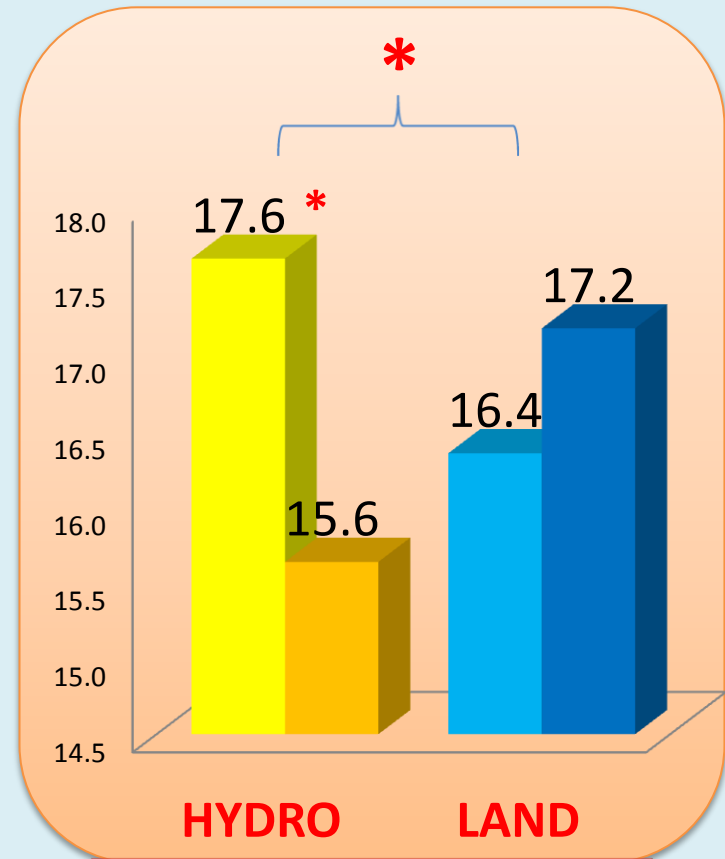
(Total)

=



(Somatic Focus)

+



(Activity Avoidance)

Interestingly, intergroup comparisons over time revealed significant improvement ($p < .05$) in Activity Avoidance (AA) sub-scale of TSK11 (kinesiophobia) level favouring the hydrotherapy group



Conclusions



- **BOTH** HYDRO and LAND programs were **effective** in pain reduction and improving function.
- Hydrotherapy program has the merit of enabling patients with **severe pain and kinesiophobia** to engage in the evidence-based exercise regimes.
- The present study helped to explore determinants on **discriminating** potential responders and provide evidence on deducing treatment algorithm.
- Further study is warranted to investigate **early triage** to appropriate intervention to cope with the ever-increasing demand, particularly from aging population.