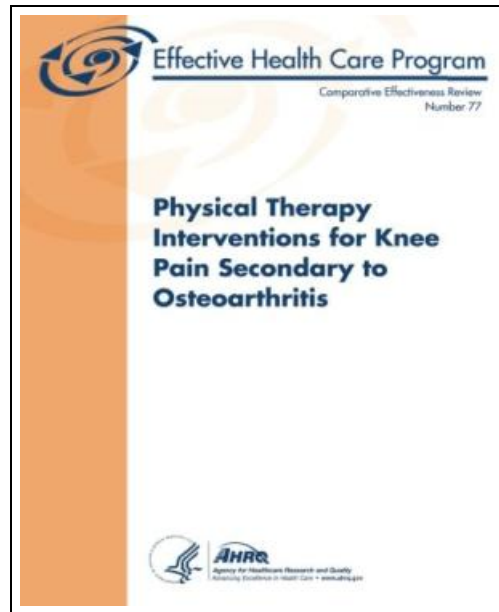


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 658 pages. Dimensions: 9.2in. x 7.5in. x 1.5in. Osteoarthritis (OA), the most common form of arthritis, is a progressive joint disorder characterized by gradual loss of cartilage. Osteoarthritis of the knee afflicts 28 of adults over age 45 and 37 of adults over age 65 in the U. S. As a leading cause of disability among noninstitutionalized adults, OAs prevalence, effect on health, and economic consequences are expected to increase dramatically during the next few decades as the population ages. OA treatments aim to reduce or control pain, improve physical function, prevent disability, and enhance quality of life. Conservative treatment options include pain relievers, anti-inflammatory drugs, weight loss, general physical exercise, and physical therapy. Optimal OA management combines pharmacologic treatments with physical therapy interventions and, when conservative treatments fail, surgery. Surgical treatments for knee OA include realignment osteotomy and knee replacements. In the U. S. , about 556, 400 knee replacement surgeries are performed annually. By 2030, that number is projected to increase by 600 . Comprehensive, up-to-date guidelines are available from the Osteoarthritis Research Society International (OARSI), the American Academy of Orthopedic Surgeons, and the National Institute for Health and Clinical Excellence. These guidelines recommend exercise as a core treatment for symptomatic osteoarthritis, regardless of patient age, comorbidity, pain severity, or disability. Effectiveness has not been clearly established for other nonpharmacologic physical therapy interventions as adjunct to core treatment (e. g. , thermal, manipulation, electrical nerve stimulation, and orthotics). This report synthesizes published evidence about the effectiveness of physical therapy for pain secondary to knee OA in adults. For the topic of physical therapy interventions for adults with knee OA, our goal was to conduct (1) a comprehensive review of the literature about the association between intermediate...



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