PRELIMINARY FINDINGS OF THE EFFECTS OF AQUATIC EXERCISES ON PAIN INDEX AMONG OA PATIENTS

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Introduction: Osteoarthritis (OA) is the most common form of arthritis worldwide. It is a non-systemic disease mostly affecting the weight bearing joints of the lower extremity such as the knees joint. Pain is one of the significant symptoms of OA. In Malaysia, 14.4% patients complained of pain in the joints. There is evidence that non-pharmacological therapies such as aquatic exercises can positively contribute the management of pain in OA patients. The aim of this study was to determine effects of aquatic exercises on pain symptoms among patients with knee OA.

Methods: OA patients from Hospital Universiti Sains Malaysia, Kelantan (2 males and 28 females) were divided into a control and aquatic groups. The physical characteristics of the participants were (age = 53.90 ± 5.91 years; height = 155.80 ± 6.40 cm; weight = 72.7 ± 12.41 kg, and body mass index (BMI) = 29.91 ± 4.51 kg. m^{-2}). They were divided into aquatic and a control groups. Aquatic exercises were conducted for eight weeks. Pain scores were measured at pre-, mid and post intervention.

Results & Discussion: The results of Mixed Factorial ANOVA revealed a significant ($P < 0.05$) interaction between trials across time for pain index. Our findings support the proposition that aqua exercises may be used to reduce pain level with knee OA patients.

Conclusion: This study concluded that the aqua exercises have positive effects on pain symptoms among OA patients.