

Osteoarthritis: physical medicine and rehabilitation--nonpharmacological management.

[Stemberger R](#)¹, [Kersch-Schindl K](#).

Author information

- ¹Abteilung für Physikalische Medizin und Rehabilitation, Herz Jesu Krankenhaus, Baumgasse 20A, 1030 Vienna, Austria. regina.stemberger@chello.at

Abstract

Osteoarthritis (OA) is the most common joint disease, mainly affecting middle-aged and elderly persons. People with OA of the knee or hip experience pain and deconditioning that may lead to disability. Treatment goals include pain control, maximizing functional independence, and improving quality of life within the constraints imposed by both OA and comorbidities. Exercise is a core recommendation in all nonpharmacological guidelines for the management of patients with knee or hip OA; it is supposed to ameliorate pain and maybe function as well. Therapeutic ultrasound, neuromuscular as well as transcutaneous electrostimulation, **pulsed magnetic field therapy, low-level laser therapy**, thermal agents, acupuncture, and assistive devices such as insoles, canes, and braces can be used additionally in a multimodal therapeutic program. **They may positively influence pain and function, mobility, and quality of life in patients suffering from OA of the lower limbs.**

PMID:

23519486

[PubMed - indexed for MEDLINE]

- Share on Facebook
- Share on Twitter
- Share on Google+