

Factors Associated with Disability in Knee Osteoarthritis

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Abstract: Objective: Osteoarthritis (OA) is a common joint disease that can result in morbidity. To evaluate the risk factors associated with disability in the patients with knee osteoarthritis (OA).

Methods and Material: Sixty patients, ranging in age from 45 to 77 years, with knee OA were included into the study. Pain was measured by WOMAC (Western Ontario and McMaster Universities Arthritis Index) and VAS (visual analog scale). Disability was measured by WOMAC. Detailed demographic data was taken from all patients. The knee radiographs were evaluated by using the Kellgren-Lawrence grading system.

Results: 60 patients were included into the study, 50 women (83.3%) and 10 men (16.7). More than half of the patients were over 65 years old. 75 percent of patients were found in the grade 3-4 with Kellgren-Lawrence radiological grade.

There were positive correlations between the WOMAC-pain and function, VAS and radiological grade ($p < 0.05$). Kellgren-Lawrence radiological grade was correlated with VAS and WOMAC-function. WOMAC-pain and function subscales and radiological grade were significantly higher in the women when compared with men ($p < 0.05$).

Conclusions: This study showed that old age, female sex and high radiological grade were related factors with disability in the knee OA.

Key words: knee osteoarthritis disability