

Comparison between the Singular Action and the Synergistic Action of Therapeutic Resources in the Treatment of Knee Osteoarthritis in Women: A Blind and Randomized Study

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Abstract

Patients and evaluation

For the study, 30 female patients, average age of 45 years old (45 ± 4.5) and diagnosed with osteoarthritis of both knees, were selected. As exclusion factors for the project were considered pre-existence of other degenerative, autoimmune diseases and fibromyalgia. Infiltration treatment was also considered as exclusion factors in a period of three months prior to the beginning of the project. Patients were assessed using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) Questionnaire for knee osteoarthritis. All patients were evaluated before and after each session. The Visual Analogue Scale (VAS) was used as a way of measuring the level of pain.

Intervention protocol

The intervention protocol was applied twice a week, totaling 8 sessions. The

