

• : Knee osteoarthritis; Traction technique ; Pain intensity;
Disability level

Osteoarthritis (OA) is a degenerative joint disease characterized by the breakdown of articular cartilage, subchondral bone thickening, and new bone growth [1]. It is a degenerative joint condition characterized by the slow loss of cartilage, which results in the formation of bony spurs and cysts at the joint's borders [2]. Osteoarthritis is also the most widespread disease in our culture, with a worldwide distribution [3]. Knee osteoarthritis, also known as degenerative joint disease, is the result of cartilage loss and deterioration of joint structures [4]. Osteoarthritis is considered to be the fourth leading cause of disability, with symptomatic knee osteoarthritis affecting 10% of males and 13% of females aged 60 and older[5]. The proportions of people with symptomatic knee osteoarthritis have reportedly increased as a result of population aging and the general population's obesity rate [6]. Over the course of a year, 25% of adults over the age of 55 may experience a chronic episode of knee discomfort, with one in every six of them needing to see their general practitioner about it [7]. Knee OA affects 16 percent of people aged 15 and up, and 22.9 percent of people aged 40 and up. In 2020, there are around 654.1 million people in the world (40 years and older) with knee OA [8]. The incidence of knee osteoarthritis in Nigeria is rising with the increasing average age of the general population [9]. In the report by [10] the first community-

Citation:

less frequent pain that comes and goes (intermittent) had a bigger impact on quality of life than the 'background' (continuous) pain, leading to a decrease in engagement in an attempt to avoid provoking such episodes [25]. The severity of OA pain varies, with around one-third of those with knee OA describing their symptoms with words like burning, tingling, numbness, and pins and needles [26]. Mood,

Citation:

