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18th European Congress of Physical, & Rehabilitation Medicine. 28th May - 1st June, 2012 Thessaloniki, Greece.

Evaluation of the effects of capacitive and resistive diathermy on knee osteoarthritis

Objective

Single-centre study on the effectiveness of diathermy **INDIBA® Activ** in the treatment of knee osteoarthritis (OA).

Materials and Methods

56 patients aged 43 to 85 years. Two groups, one received 10 sessions **INDIBA® Activ** on a daily basis, the second group was treated 6 times on alternate days. Sessions lasted 20 minutes. Patients were evaluated before (T0), at the end (T1) and one month (T2) after treatment, by assessment of pain, function of daily living, muscle strength and different rating scales.

Results

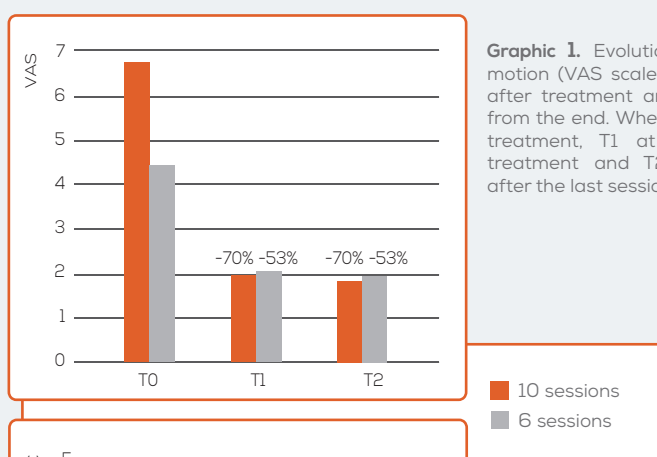
General improvement of pain (graph 1) both in motion and rest (VAS) (graph 2).

Improvement of the Daily Living Function and Quality of Life in both groups. Other symptoms and stiffness improve more in the 10 sessions group (graph 3).

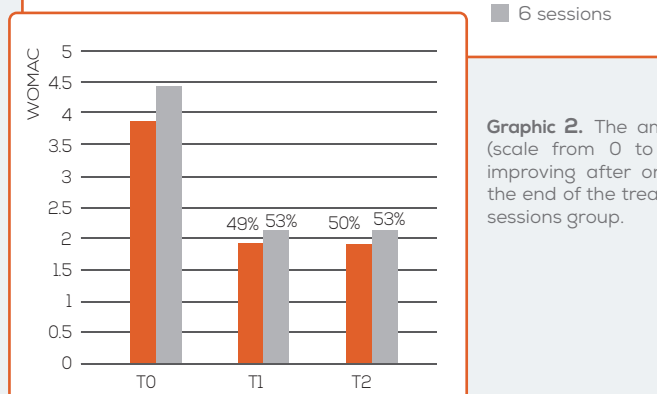
The first group showed an increase in improvement after one month from the end of the treatment in motion and muscle strength.

Patients acquired a greater stability and security and an improved ambulation Index scale at the end of the treatment and one month after (graph 4).

In most of the evaluated items the 6 sessions group showed a slightly increased efficacy.



Graphic 1. Evolution of pain in motion (VAS scale from 0 to 10) after treatment and one month from the end. Where T0 is before treatment, T1 at the end of treatment and T2 one month after the last session.



Graphic 2. The ambulation index (scale from 0 to 10) continued improving after one month from the end of the treatment in the 10 sessions group.

Conclusions

- 6 sessions protocol lead to similar results than 10 sessions.
- Great compliance of patients with respect to the therapy.
- Diathermy is among the fast-therapies.
- The therapist role is very important because it is an operator-dependent technique.

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