



Comparison of movement therapy and reflexology on quality of life in women with knee osteoarthritis

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Abstract

Purpose: Osteoarthritis is the most common joint disease. Hence, the aim of the study was to compare the effect of movement therapy and reflexology on quality of life in women with osteoarthritis of the knee.

Methodology: This study used a quasi-experimental study with respect to target applications in which a pre-test and post-test data analysis, was used.

The present study sample consisted of 45 female patients with knee osteoarthritis who have not had activity in the last two years, had formed. The samples were randomly divided into three groups Habé movement therapy, reflexology and control groups. Experimental group 1, twenty-movement therapy sessions (five sessions per week for four weeks and sixty minutes) was presented. Experimental Group 2, also at the same time twenty reflexology sessions (five sessions per week for four weeks and thirty minutes) gave, after considering the variables, sf36, questionnaires were completed by participants. Control group received no training. For sf36 Data from the questionnaires were used to assess quality of life. Finally, using the SPSS software was analyzed.

Results: Significant difference between the scores of quality of life before and after the intervention in group therapy and reflexology move there ($0/01 > P$); whereas this difference was not significant in the control group ($0/05 < P$).

Conclusions: Movement Therapy and Reflexology can improve the quality of life of patients with osteoarthritis of the knee.

Keywords: Therapy, Reflexology, Knee arthritis, Quality of life