

ABSTRACT

INTRODUCTION:

Osteoarthritis (OA) is a wear and tear type arthritis. It has two primary processes; breakdown of cartilage in joints and abnormal bony growth formation called Osteophytes. It is a chronic degenerative disease that leads to structural alteration and biochemical changes of synovial membrane and joint capsule. WHO reports worldwide osteoarthritis affects 9.6% of men and 18% of women ages above 60 years and condition will be the fourth leading cause of disability by 2020

OBJECTIVES: To assess the effectiveness of hot affusion bath with Epsom salt on knee related symptoms among patients with osteoarthritis of knee.

STUDY DESIGN: Quasi experimental study

METHOD: 40 study subjects belonging within the age group of 50-65 years, participated in the study. The study participants were instructed treated with Hot affusion bath with Epsom salt, thrice a week alternatively for three weeks. Assessment with WOMAC index and goniometer taken at baseline and after three weeks.

RESULT: The study showed the presence of significant reduction of knee related symptoms like pain, stiffness and improve range of motion.

CONCLUSION: The study proved that Hot affusion bath with Epsom salt is found to be effective in reduction of knee related symptoms like pain, stiffness among patients with osteoarthritis of knees.

KEYWORDS: hot affusion bath, Epsom salt, osteoarthritis of knee, range of motion, pain.