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Scientific Abstract

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Effects Of Strengthening Of Hip Abductors & Lateral Rotators For Improving Pain & Functional Limitation In Patients With Patellofemoral Dysfunction:A Randomized Clinical Trial

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Objective: To compare the effectiveness of exercise program with and without hip muscles strengthening to improve pain & functional limitation in subjects with patellofemoral dysfunction. **Methodology:** It was a randomized controlled trial which was conducted from January 2017 to June 2017. The data was collected from The University teaching hospital, University of Lahore. A total of 30 subjects fulfilling the inclusion criteria were randomly allocated in to two groups by dice method. The Group-A (n=15) received hip muscles strengthening exercise along with conventional physiotherapy treatment whereas Group-B (n=15) received only conventional physiotherapy. Visual Analogue Scale and Kujala scale were used as outcome measure tools. 1st reading was taken before treatment and 2nd and 3rd readings were taken after third and sixth week of treatment. **Results:** The improvement in the score of visual analog scale in Group-A was 4.67 ± 0.97 and in Group-B was 3.00 ± 1.25 . The improvement in the score of Kujala scale was 41.00 ± 12.86 in Group-A and 30.06 ± 13.62 in Group-B. The p value for visual analog scale ($p=0.002$) and Kujala scale ($p=0.03$) show that the improvement score is significantly more in Group-A as compared to Group-B. **Conclusion:** Hip muscles strengthening exercise along with conventional physiotherapy is more effective than conventional physiotherapy for patient with patellofemoral dysfunction.