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10th Global Orthopedicians Annual Meeting

July 03-04, 2017 Kuala Lumpur, Malaysia

Relationship between radiographic grading of knee osteoarthritis and functional limitation in elderly patients

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Objective: The objective of this study is to find out the relationship between the Kellgren and Lawrence system for knee osteoarthritis (OA) and the functional limitation in the daily activities in the elderly patients using WOMAC questionnaire.

Methods: This study was a cross-sectional study. The subjects were 160 patients (131 females and 29 males) who were diagnosed with knee OA at an orthopedic clinic using the Kellgren and the Lawrence system with no history of knee joint surgery. Outcome indices were functional limitations in 17 living activities (descending stairs, ascending stairs, rising from sitting, standing, bending to floor, walking on flat surface, getting in/out of car, going shopping, putting on socks, lying in bed, taking off socks, rising from bed, getting in/out of bath, sitting, getting on/off toilet, heavy domestic duties, light domestic duties) obtained from a WOMAC questionnaire.

Results: A significant correlation with p value <1 was seen between increase in knee OA stages in x-rays and the severity of limitation in physical function.

Biography

Zenat Khired is an Assistant Professor of Orthopedic, Hip and Knee Arthroplasty and Head of Basic Medical Sciences, Princes Nourah bint Abdulrahman University, Riyadh, KSA since 2016. She is a Trauma and Arthroplasty Orthopedic Consultant at King Fahad General Hospital, Jeddah. She is Full Registered Member of Saudi Orthopedic Association, Member at SICOT, American Academy of Orthopedic Surgeon, Orthopedic Trauma Association, and ICJR.

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