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The efficacy of court-type Thai traditional massage on knee pain relief in Osteoarthritis patients

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Introduction: Osteoarthritis (OA) is the most common degenerative joint disorder, resulting in significant mobility and health care expenses. It affects more than 60% of Western World adults over the age of 65 years. Moreover; it causes pain and dysfunction in 20% of elderly persons.

Objective: To assess the efficacy of the court-type Thai traditional massage on knee pain relief in patients with osteoarthritis.

Materials and methods: This study was a phase II clinical research at Applied Thai Traditional Medical Service Center, Phon Hospital, Khon Kaen province. Thirty patients with osteoarthritis of the knee, aged 50-65 years, voluntary participated in the study. Each of them was treated with the court-type Thai traditional massage once a week for twelve weeks at the hospital. The treatment was assessed before the first week and after the twelfth week using VAS, timed up and go test, active knee range of motion. Dependent samples t-test was used as statistical analysis.

Results: Knee pain of the patients was reduced significantly after twelve weeks of the treatment. The patients were able to walk faster after the treatment with having better quality of life. There was no side effect found within the study period.

Conclusion: The court-type Thai traditional massage could be effective and useful for the treatment of the osteoarthritis patients. This method could be an effective alternative treatment for the osteoarthritis patients. Therefore, this local wisdom should be conserved for the next generation.

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