

3rd International Conference and Exhibition on

Physical Medicine & Rehabilitation

May 18-20, 2015 San Antonio, USA

The effects of the Tommie Copper knee sleeve on chronic knee pain

Rhonda L Haley, Chelsea Baker, Jeffrey Gratzmiller and Robert Queale
Wheeling Jesuit University, USA

Background: The prevalence of knee pain has increased substantially over the last 20 years, independent of age and body mass index. Safe, effective, and inexpensive treatments are increasingly desirable due to this rising incidence. Although copper and compression therapies have been researched exclusively, the use of copper therapy in conjunction with compression therapy has not been examined in the literature.

Objective: The purpose of this pilot study was to examine the effects of a Tommie Copper knee sleeve on pain, function, and confidence for individuals experiencing chronic knee pain.

Methods: Ten subjects who met inclusion criteria were fitted with a Tommie Copper knee sleeve and instructed to wear the sleeve continuously for one week. Baseline and final measurements of pain, function, and confidence were obtained using the Numerical Rating Scale (NRS) and the American Physical Therapy Association (APTA) Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) form for function and confidence.

Results: Dependent t-tests demonstrated a significant difference for pain ($P < 0.003$) and function ($P < 0.015$), indicating improvement after wearing the sleeve for one week. No significance for confidence was found ($P < 0.150$).

Conclusion: This pilot study demonstrates the potential for a Tommie Copper knee sleeve to improve subjective ratings for both knee pain and functional abilities of individuals with chronic knee pain and urge additional research to further study the effects of the combination of compression with copper.

Biography

Rhonda L Haley is a Clinical Assistant Professor and Director of Clinical Education in the Doctor of Physical Therapy program at Wheeling Jesuit University in Wheeling, West Virginia, USA and a Staff Physical Therapist for Wheeling Hospital. She is a Clinical Specialist in Geriatric Physical Therapy and a certified Athletic Trainer. She presented Cardiorespiratory Rehabilitation, an international training workshop, at the Universidad Autonoma de Yucatan in Merida, Yucatan, Mexico, a concurrent session at the APTA Combined Sections National Conference in San Diego, California, USA, and a research paper roundtable discussion at the 5th International Symposium Service-Learning at Stellenbosch University, Stellenbosch, South Africa.

rhaley@wju.edu

Notes: