



Physical activity level in patients with knee osteoarthritis visiting Dhulikhel hospital: a cross sectional study

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Abstract: Patient with knee osteoarthritis are less active as compared to healthy population because of pain on mobility. So, physical activity is recommended in knee osteoarthritis patient in order to reduce pain and improve function. The purpose of this study is to identify the level of physical activity in patients with knee osteoarthritis. Patient with knee osteoarthritis meeting the clinical diagnostic criteria given by American college of Rheumatology were interviewed global physical activity questionnaire. Then physical activity of patient with knee osteoarthritis were classified into light, moderate and vigorous physical activity. And nepali-version of numeric pain rating scale was also used in order to measure the pain intensity which was further classified into mild, moderate and severe pain.



Biography: Binaya Kandel currently works at the Department of Physiotherapy, Kathmandu University. Binaya does research in Sports Medicine, Physiotherapy and Orthopedic Surgery. Their current project is 'Cross-Cultural Adaptation, Translation and Validation of Ronald Morris Disability Questionnaire.'

Publications: 1. Risk of second primary malignancy in patient with stage IA non-small cell lung cancer in US.
2. Second primary malignancies in hepatocellular carcinoma: A population-based study.
3. An Invitation to Behavior Analysts: Review of in Search of Memory: The Emergence of A New Science of Mind.
4. Cross-Cultural Adaptation, Translation and Validation of Ronald Morris Disability Questionnaire.
5. Study to evaluate the impact of frozen shoulder in terms of pain, disability and poor quality of life in diabetic patients

[8th International Conference on Physiotherapy & Physical Rehabilitation, Bangkok, Thailand, August 10-11, 2020](#)

Abstract Citation Binaya Kandel, Physical activity level in patients with knee osteoarthritis visiting Dhulikhel hospital: a cross sectional study, PHYSIOTHERAPY 2020, Bangkok, Thailand, August 10-11, 2020, pp: 0-1