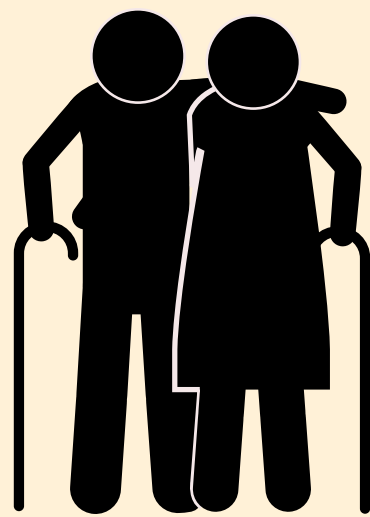


Self-Massage for Knee Osteoarthritis

Dorothea Atkins, ThD, RN, David Eichler, PhD.

Problem:

Knee osteoarthritis is common among the older population and they need guidance in self-management therapies for their symptoms

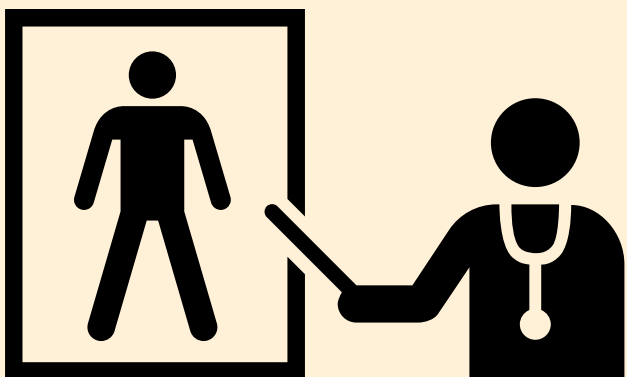
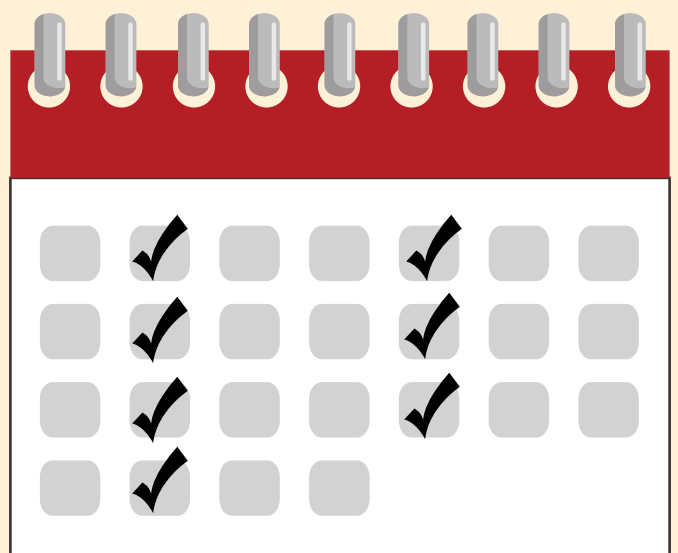


Research Question:

Will self-massage of the quadriceps muscles alleviate pain and stiffness, and/or improve function and range of motion for older adults with osteoarthritis of the knee?

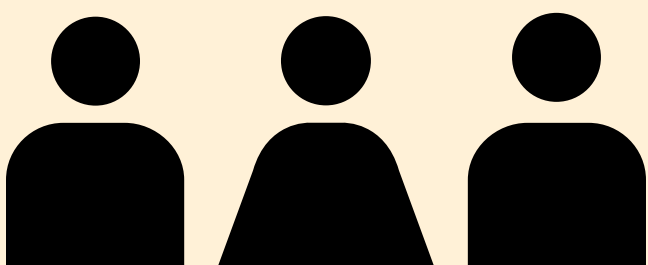
Findings:

20-minute self-massage of the quadriceps twice per week for three weeks improved function and reduced pain and stiffness



Application:

Consider educating your patients with knee osteoarthritis on self-massage techniques of the quadriceps muscles



<http://www.ijtmb.org/index.php/ijtmb/article/view/119/243>

