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Efficacy of Balance Training in Patients with Knee Osteoarthritis: A Literature Review

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ABSTRACT

Knee Osteoarthritis (OA), affecting 30-40% of people by the age of 65 years, is a leading cause of mobility issues and disability, particularly in the knee joint. OA commonly results in decreased proprioception and balance, increasing fall risk. Balance exercises are recommended to improve stability and reduce falls in elderly patients with knee OA. The review aims to evaluate the efficacy of balance training in patients with knee OA. The database was searched on PubMed from 2014 to 2024. The search utilised MeSH keywords, including knee OA, balance training, and proprioception exercise, using Boolean Operators (AND/OR/NOT). Out of 2617 articles in the database, 4 fulfilled the eligibility criteria and were included in the present review. Four studies specifically examined the impact of balance training on knee OA. These studies primarily utilised outcome measures such as the WOMAC Questionnaire and the Visual Analogue Scale to assess function and pain. Out of 4 articles, two studies have demonstrated the significant impact of balance training on pain using the Visual Analogue Scale, and all four studies have consistently shown significant improvements in function by using WOMAC as an outcome measure among individuals with knee OA. The review concludes that balance training interventions effectively improve pain and function in individuals with knee OA, as evidenced by significant improvements in pain and functional outcome measures.

Keywords: Disability, Mobility issues, Proprioception, WOMAC