

# A Qualitative Study among Patients with Knee Osteoarthritis during Physiotherapy

Chandra Bathran, Yenepoya Physiotherapy College, Karnataka, India.

Asir John Samuel, Additional Professor cum Vice Principal, Department of Physiotherapy, Yenepoya Physiotherapy College, Yenepoya (Deemed to be University), Deralakatte, Mangalore, Karnataka, India.

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Asir John Samuel,

Asir John Samuel, Additional Professor cum Vice Principal, Department of Physiotherapy, Yenepoya Physiotherapy College, Yenepoya (Deemed to be University), Deralakatte, Mangalore, Karnataka, India.

E-mail: asir.j.samuel@gmail.com

## ABSTRACT

**Introduction:** Perceptions, experiences, and the factors that facilitate, and inhibit the rehabilitation process in Patients with Knee Osteoarthritis (PKOA) may be influenced by their lifestyle and context.

**Aim:** To investigate PKOA in Lower-Middle-Income Country (LMIC) India, about their views and lived experiences and to explore and the factors that support and hinder Physiotherapy (PT) among PKOA.

**Materials and Methods:** Qualitative design using phenomenological approach were employed. PKOA were recruited using a purposive sampling technique. Demographic data of a PKOA were collected using a data entry form, and their economic status was entered according to the Modified Kuppuswamy Scale (MKS). One-to-one, semi-structured interviews were conducted face-to-face or by telephone, recorded using Sony ICD-UX570 audio recorder, and transcribed verbatim. Data were analysed using Braun and Clarke, six stages of thematic analysis based on recent recommendations (2024) with NVivo software version 15.

**Results:** Fifteen PKOA were included with a mean age of 56.3 years, height 157.3 cm, weight 66.5kg, and Body Mass Index (BMI) 26.9 kg/cm<sup>2</sup>. Educational and socio-economic status were assessed using MKS, distributed across lower (13.33%), upper lower (6.67%), lower middle (60%), upper middle (20%), illiterate (26.67%), primary school certificate (20%), middle school certificate (33.33%), high school certificate (13.33%), and graduate (6.67%). Interviews duration ranged from 10 to 30 minutes. Four themes were developed, including perceptions, experiences, facilitators, and inhibitors. Twenty-nine sub-themes were developed under these themes.

**Conclusion:** Patients lacked knowledge of disease and the efficacy of PT for knee OA. PKOA has experience with PT more positively and less negatively. Personal, physical, social, health-related, and organisational factors were both facilitating and inhibiting PT and its adherence during the rehabilitation process.

**Keywords:** Experiences, Facilitators, Inhibitors, Perceptions.