

# Effects of Hold-Relax Technique on Pain, Range of Motion in Patients with Knee Osteoarthritis

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## ABSTRACT

**Introduction:** Knee osteoarthritis (OA) is a chronic condition that leads to significant pain and reduced mobility, impacting quality of life. Physical therapy, including manual techniques like mobilisation and stretching, plays a crucial role in managing OA symptoms.

**Aim:** This study aims to find out the effects of hold-relax technique on pain, Range of Motion (ROM) in patients with knee osteoarthritis

**Materials and Methods:** Patients diagnosed with knee OA, aged 40 years and above, experiencing pain and mobility limitations, were included. Relevant literature was reviewed using databases like PubMed, Google Scholar, and Cochrane Library, focusing on studies from the last 10 years discussing hold-relax techniques in OA management. Data on pain relief, ROM improvement, and

functional outcomes were extracted from the selected studies and to find out the effects of hold relax technique in knee OA. The review presents the effects of hold-relax technique in knee OA patients, focussing on the effect on pain reduction, joint function, and overall quality of life improvement.

**Results:** Hold-relax technique showed significant improvements in pain relief and ROM.

**Conclusion:** According to the studies, hold-relax technique appears effective in enhancing functional outcomes in knee OA patients. Further research with larger sample sizes is recommended to confirm these findings and optimise treatment protocols.

**Keywords:** Pain maangement, Physical therapy, Rage of motion

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