



Research Title:

**Effectiveness of osteopathic manipulative treatment
on the primary osteoarthritic knee**

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ABSTRACT

Objective: To evaluate the clinical effectiveness of Osteopathic Manipulative Treatment (OMT) on the primary osteoarthritic knee.

Design: The study was a randomized, prospective, controlled, single-blind clinical trial with cross-over design, 2 groups were analyzed and compared (group 1 and group 2). Three dependent variables were measured: range of motion (ROM), pain using visual analog scale (VAS), quality of life using the WOMAC questionnaire (Western Ontario and McMaster Universities)

Results: All the measured parameters (Pain, function, Range of Motion) showed a statistically significant improvement after OMT.

Conclusions: The results of this study may suggest that the OMT can be considered as a good therapy for patient with an Osteoarthritic knee. Further studies, with a larger sample, should be done to confirm these results.