

CLINICAL OUTCOME STUDY OF KNEE BRACING IN THE MANAGEMENT OF OSTEOARTHRITIS OF THE KNEE: A PROSPECTIVE AND RETROSPECTIVE STUDY

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Abstract

To assess the outcome of Offloading Knee brace (V-VAS) in the treatment of osteoarthritis of the knee.

A total of 147 patients with knee arthritis were included in this study. Eighty six patients were followed up retrospectively and 61 patients were followed up prospectively. Average follow up was about 3.4 years in retrospective group and 1.2 years in prospective group. The Oxford knee score, Pain score, Walking distance and Patient satisfaction were evaluated.

Average oxford scores before the brace was 19 and after the brace was 32. The pain scores before and after the brace was 8 and 3 respectively. The walking distance had improved to 900 yards. The patient satisfaction was 78%. Thirteen of eighty six patients in the retrospective group discontinued the brace, of these two had high tibial osteotomy, six patients had total knee replacement, one had unicondylar knee replacement, one patient had dislocation of patella and two elderly patients were house-bound because of medical problems.

The Off loading knee brace is effective in the management of osteoarthritis of the knee. Patient satisfaction is high when using the brace. However compliance may be an issue in some of the patients. Education and early appointment for brace re-fitting increases patient compliance.

Bracing is a beneficial treatment for severe medial OA of the knee.

Research

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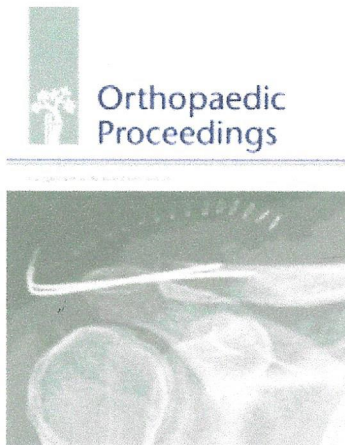
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