



COMPARISON OF EFFICACY OF DIFFERENT ELECTRODE TYPES OF IFT IN PATIENTS WITH O.A KNEE

¹HIMANSHU SONAWANE, ²NEERAJ KUMAR, ³SANGEETHA. M

¹scholar

¹Scholar

INTRODUCTION: Osteoarthritis (O.A) is a degenerative joint disease. The ends of bones are covered with protective tissue called cartilage. When cartilage wears away completely, the cushioning buffer that it provides disappears, allowing for bone-on-bone contact. This can cause intense pain and other symptoms like tenderness, stiffness and inflammation associated with OA. (1) Interferential therapy (IFT) is a low frequency currents produced when two medium frequency cross each other. The stimulation of giant diameter afferent fibers that inhibit the doorway of algid stimuli into the posterior horn of the medulla through small diameter afferent fibers there is evidence that IFT may inhibit the nociceptive stimulus. (2) The effect of IFT on pain is calculated using Numerical Rating Scale (NRS)

AIM: The purpose of this article is an attempt on defining the impact of different electrode types of IFT on improvement of pain in patients with O.A Knee.

MATERIALS AND METHOD: IFT with vacuum and plate electrodes was used in the study. NRS was used as the research tool to measure pain intensity. 30 patients with O.A were included in the study which were divided into two groups. Group A received IFT with vacuum electrode and group B received IFT with plate electrode. The treatment was given thrice a week for consequently 4 weeks. Pre and post measures of pain was recorded with NRS. After the session data analysis was done and results were concluded.

RESULTS : The pre and post mean of IFT with vacuum electrode was calculated with the student paired 't' test in which the p-value was 0.001 and t-value was 14.270.

The pre and post mean of IFT with plate electrode was calculated with the student's paired 't' test in which the p-value was 0.001 and t-value was 6.859. The IFT with vacuum electrode showed more significant difference in knee pain as compared to IFT with plate electrode.

CONCLUSION : The present study concludes that IFT with vacuum electrode relieves pain in patients with O.A knee.

KEYWORDS: Interferential Therapy, Osteoarthritis, Numerical Rating Scale