

## Are Joint changes in Osteoarthritic Knees really irreversible?

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### Abstract

**Background:** Knee Osteoarthritis has been reviewed countless times through literature with the suggestions of several different treatment options that focus on symptomatic relief. Although Knee Joint Space width has been used as a hallmark for Radiologically diagnosing osteoarthritis at the knee, therapeutic attempts have been directed only towards symptomatic relief or towards prevention of destruction of Articular cartilage.

**Objective:** To check if reduced Joint Space width (JSW) in Knee joint Osteoarthritis can be reversed and to further check implications of increased JSW on articular cartilage healing

**Methods:** 10 patients with Unilateral Knee joint Osteoarthritis were given Deep Dry Needling to muscles of the Knee, Thigh and Leg on both Lower Extremities by a single therapist. 3 sessions per week were done for 4 weeks. Standing Unilateral AP Radiographs of the Osteoarthritic limb were taken prior to the study and 4 weeks after the study, parameters standardised by a senior Radiologist.

**Results:** Visual improvement in Knee Joint Space width were seen while comparing the Pre and Post Radiographs of AP Knees Unilateral standing. A Visual Analog scale was also done for patients before and after the study.

**Conclusion:** This study was a Pilot study to observe if Joint Space Width changes are even possible. This would in turn guide us to checking the health of the Cartilage before and after the study through MR imaging. Faulty Knee joint space alignment should be accounted for as a Local Mechanical factor that can mediate Symptomatic Outcomes in patients with Knee Osteoarthritis. Further studies are needed to check implications on Cartilage health.

### Article Information

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