

Efficacy of Stretching Exercises On Daily Activity of Old Age People with Osteoarthritis Among Elderly in Selected Aged Care Settings: A Quasi Experimental Study

Varsha¹, Kirti Sharma²

¹Student, Department of Nursing, Sri Venkateshwara University, Uttar Pradesh, India.

²Professor, Department of Nursing, Sri Venkateshwara University, Uttar Pradesh, India.

Corresponding Author: boncymboncy99@gmail.com

Abstract: - The study on Home Delivery Exercise for the Improvement of the Knee Range of Motion and Gait in Knee Osteoarthritis has been conducted by Nobuhíro Tsumura, Aiko Kimura A (2008) Kobe University. Results show that the total range of knee motion and pain following the intervention has changed significantly. It is quite clear from the literature review that stretching exercises play a significant part in the treatment of knee arthritis. The importance of stretching all muscles that cross the given joint affected by osteoarthritis is underlined in a programme of physical treatment. Extension exercises improve the strength of the joints of the elderly. The decrease in joint pain when mobility increases. And this stretching exercise takes little time, no special facilities except for a convenience. Therefore, the researcher is keen to track the effects on discomfort, symptoms and efficiency of the operation of a daily stretching exercise programme.

Key Words: — *Stretching Exercises, Osteoarthritis, joint pain.*

I. INTRODUCTION

Osteoarthritis affects your physical capacity and can impair your daily function. It can lead to significant walking difficulties and it can be both indoors and outdoors. The joint can become unstable when the knee is damaged and the risk of falling in elderly people, in particular, increases. The poor balance and stability also help to break down and break bones. These fractures can lead to severe impairment and fatal complications in some cases. In most old-age households no medical facilities are open. Due to the fear of joint pain and stiffness the mobility is restricted, and also the physical and pleasure activities which make it worse and more severe.

II. METHODOLOGY

The main purpose of the research is to test the efficacy of stretching exercises on daily activities of elderly people living in delhi with osteoarthritis. The study's conceptual structure was based on the Adaptation Theory of Callista Roy. The research design for this study was almost experimental post-test community design. The independent analysis variable was extending. The dependent variables were pain, symptoms and activity results. The sample size was 80 old age prisoners (40 test group and 40 control group samples), who were chosen using the purposeful sampling technique. In the preliminary pain, symptoms and activity data, updated interview method KOOS rating scale was used. Extension activities in the study group were performed separately in two

different groups of men and women using a curriculum and accompanied by a 25-minute exercise in the presence of the investigator each day for 15 days. On the 20th day, the two groups obtained post-test data on pain, symptoms and activity outcomes. Descriptive and inferential statistics were used for analyzing the results.

III. FINDINGS

All 100% of the samples had joint pain prior to the operation in both classes. 90% of samples had only minor discomfort after the operation on the 20th day. The level of pain in the baseline and following findings did not alter in the control group.

Much of the 64% of the samples displayed mild joint symptoms in both the community before the operation. Knee rigidity was found to be essential among all the symptoms. Until action, the average knee stiffness was 9.95. After the treatment it was reduced to 5.67. The symptoms in the baseline and afterwards observation on the 20th day did not alter in the control group.

96 percent of the samples had moderate trouble with household and outdoor operations and the same number of samples had mild and moderate difficulties with everyday activities and knee movements. After the observation, household and outdoor behaviours in the experimental groups showed substantial changes. After intervention in the study

sample, 78% displayed moderate difficulties. This shows that stretching exercises are effective.

The study group's discomfort was decreased substantially relative to the control group following the treatment. The symptoms of the study group were substantially decreased relative to the control group following the intervention. There was no connexion between demographic data and old age signs. There was an essential change in the performance of the study group after the intervention as opposed to the control group.

IV. CONCLUSION

Results from the study concluded that the level of discomfort, symptoms and enhanced performance in the experimental community following the procedure was substantially reduced. Lastly, a decrease in the degree of discomfort, symptoms and behaviour may be caused by the effects of extending exercises. It can be concluded that No difference in pain, symptoms and behaviour after 20 days was observed in the control group without intervention.

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