

Original Article

Outcome Study of Non-operative Treatment for Knee Osteoarthritis in Middle-aged Patients With Reference to the Body Mass Index— A Randomised Prospective Study

研究中年患者非手術治療退化性膝關節炎與身體質量指數之關係— 一個隨機前瞻性的研究

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Abstract

From the year 2006 to 2008, 69 patients of symptomatic osteoarthritis of the knees were divided randomly and entered into three non-operative treatment protocols. It included 4 weeks of pharmacological treatment followed by 4 weeks of specific treatments (physiotherapy, acupuncture, and combined). The pretreatment and post-treatment physical and functional statuses were evaluated. Their body mass index (BMI) was measured. The patients with below-normal BMI did not benefit from all the three treatment protocols. However, all other groups of increased BMI did benefit from all three treatment protocols in terms of pain score, analgesic sparing, and knee scores.

中文摘要

由2006至2008年間，有69名膝關節退化性骨關節炎的患者，接受非手術治療。病人被隨機分為三組作非手術特定的治療，這項研究涉及以4週藥物治療後再加上4週特定的治療方法：乙酰氨基酚，物理治療及電針等。記錄他們的身體質量指數(BMI)，治療開始和結束時的生理與功能狀況，並在第12個星期跟進評估。本研究發現，低於正常BMI的病人對所有三個治療方案並沒有獲益，但所有高於正常BMI的病人對三種治療方案皆有獲益，包括疼痛的強度分數、鎮痛藥物遺餘數量和膝關節分數等。

Keywords: *acupuncture, body mass index, osteoarthritis knee, physiotherapy*