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NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE

September 2005

Effectiveness of Manual Physical Therapy and Exercise in Osteoarthritis of the Knee



Arthritis is a crippling disability that many Americans battle on a daily basis. As the "baby boomers" enter retirement, they are also entering the era of osteoarthritis. Thirty-three percent of people, age 63 to 94, are affected by osteoarthritis just at the knee, causing difficulties walking, using stairs, and other simple activities around the house and work. These functional deficits are leading more and more Americans to seek care for their arthritic knee pain.

Throughout the years there have been several studies done on osteoarthritis and its effect on the knee. However, there have been only a few research articles done on the effectiveness of treatments for this condition. One of these particular articles took a look at the effectiveness of physical therapy for osteoarthritis of the knee, applied by experienced physical therapists with formal training in manual therapy.

This research article was set up as a randomized, controlled clinical trial at an outpatient physical therapy department of a large military medical center.

There were 83 participating subjects with osteoarthritis of the knees. The subjects were randomly assigned to either a "treatment group" or a "placebo group". The treatments for the "treatment group" involved manual therapy applied to the knee as well as the lumbar spine, hip and ankle as required along with a standardized knee exercise program. The "placebo group" received sub-therapeutic ultrasound to the knee at an intensity of $0.1w/cm^2$ with a 10% pulsed mode. Both groups were treated two times per week for four weeks.

Measurements were taken objectively by the six minute walk test and subjectively by the Western Ontario and McMaster Universities Osteoarthritis index

(WOMAC). A tester who was blinded to the group assignments made assessments at initial visit, four weeks, 8 weeks and 1 year.

The results of this research showed significant improvements in the both the objective six minute walk test and the subjective WOMAC scores at 4 and 8 weeks for the "treatments group" but not the "placebo group". The average 6-minute walk distance increased by 13.1% by week eight and the WOMAC scores had improved by 55.8% over the baseline data. After one year the patients in the "treatment group" continued gains over the baseline WOMAC score and the walking distances.

This study concluded that a combination of manual physical therapy and supervised exercise yields functional benefits for patients with osteoarthritis of the knee and may delay or prevent the need for surgical intervention.

*New Life
Physical Therapy
& Sports
Medicine, Inc.
is conveniently
located minutes
off the interstate
at:*

*2639 New Pinery Rd
(Also known as Hwy 51)
Suite 2
Portage, WI
53901*

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**(We are located behind
Jimmy John Subs.)*

New Life Physical Therapy & Sports Medicine Hours

MONDAY THROUGH THURSDAY 7 AM TO 6 PM

FRIDAY 7 AM TO 5 PM



We Would Like To Help Your Patients



Matthew Vanderkooi
PT, MS, OCS, COMT

Matt is the owner and one of the physical therapists of New Life Physical Therapy and Sports Medicine, Inc. He has been working with patients in the Portage area for the past 9 years. His certifications as an orthopedic clinical specialist and orthopedic manipulative therapist, grant Matt the ability to obtain maximum patient benefit from a minimum investment of time and resources.



Brian Doolan
MPT, CSCS

Brian graduated from UW Madison in 2002 with a Master of Physical Therapy degree. He also received his *Certified Strength and Conditioning Specialist* certificate. This allows his patients to return to full function via a complete whole body exercise program. Brian recently received his Level II Certificate for Orthopedic Manual Physical Therapy. Brian looks forward to using his knowledge to help your patients return to their normal lives.



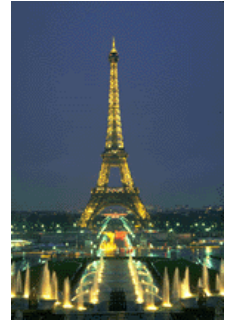
Matt Gibbons
MPT

Matt joined New Life in January 2005. Matt brings a unique blend of personal experience and exceptional physical therapy training to the team. His experiences in the Marine Corp. and as an agricultural and field service engineer give him excellent insight into industry and functional training. Matt has a Master of Physical Therapy degree from UW Madison. His desire to work with people and help them achieve a higher quality of life led him into the physical therapy field.

OUR MISSION

TO HELP OUR PATIENTS GET BACK TO THEIR LIVES BY RESTORING FUNCTION TO GOD'S MOST MAGNIFICENT CREATION, THE HUMAN BODY. WE WILL ACCOMPLISH THIS BY PROVIDING THE FOREMOST IN HANDS ON, INDIVIDUALLY FOCUSED, AND SCIENTIFICALLY BASED PHYSICAL THERAPY SERVICES.

Inside Story Headline



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“TO CATCH THE

READER'S
ATTENTION,
PLACE AN
INTERESTING
SENTENCE OR
QUOTE FROM
THE STORY
HERE.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to

convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

Your business tag line here.

NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE, INC.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.microsoft
.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organi-

zation is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.