

GenuTrain® A3

THE EFFECT OF A KNEE SUPPORT IN OSTEOARTHRITIS

Reer R., Jörn H., Ziegler M., Braumann K.-M.

Movement Medicine Research, Department of Sports Medicine, University of Hamburg

The aim of the randomized and controlled study was to demonstrate the effect of knee supports in terms of "range of motion", pain reduction, and physical mobility in patients suffering from osteoarthritis of the knee. The osteoarthritis patients were examined before and after six weeks of treatment and wearing a knee support.

METHODOLOGY

Patients:: n = 39 (n = 19 with the support; n = 20 without the support), age: average of 62 years
 Test support: GenuTrain A3 knee support (Bauerfeind AG)
 Test method: Possible pain-free walking distance; SF-36 score, WOMAC score
 Inclusion criteria: Patients with grade 1 – 3 osteoarthritis (Kellgren) confirmed in an X-ray



GenuTrain® A3

Active support for the treatment of complex knee complaints

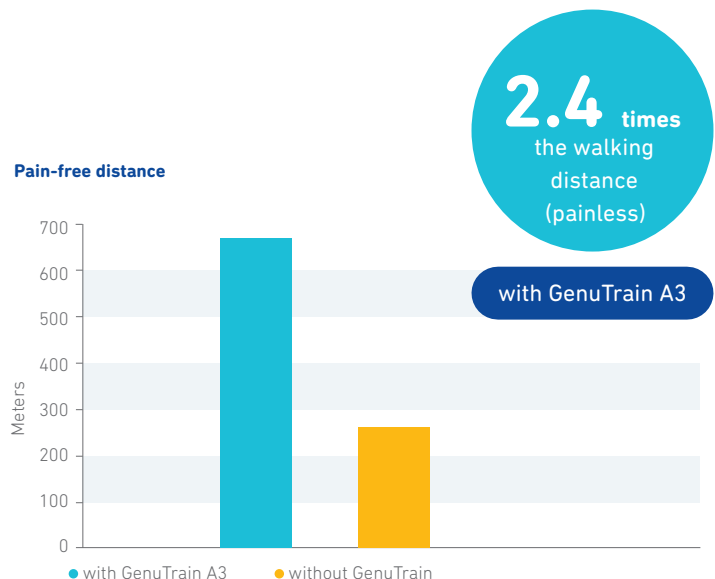
RESULTS

Following six weeks of treatment with the support, patients with the knee support showed lower values for pain and higher values for feeling of stability in the knee and physical function/mobility than the control group in the WOMAC score.

The distance walked without pain increased significantly – by a factor of 2.4 – with the GenuTrain A3. Patients with osteoarthritis of the knee remained pain-free for longer with GenuTrain A3.

Patients with osteoarthritis of the knee who used GenuTrain A3 had better health-related quality of life than patients without a support. (SF36 Score).

- **GenuTrain A3 reduces joint pain**
- **GenuTrain A3 improves physical mobility**



Note:
This study was conducted using a previous model.

Source:
Reer, R., Jörn, H., Ziegler, M., Braumann, K.-M.; The effect of a knee support in osteoarthritis; Orthopädie Technik, 8 / 2005