Magnet Therapy as an Adjuvant in the Alleviation of Pain and Improvement of Functional Walking Speed among Patients with Osteoarthritis of the Knee: A randomized Controlled Double Blind-Study

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Osteoarthritis (OA) is a common problem affecting mobility and subjectively noted pain over affected joints. The objective of this study was to determine the effect of magnet therapy as an adjuvant in alleviating pain and improving functional walking speed in patients with OA of the knee and to describe adverse effects of magnet therapy. The study was done on a local tertiary hospital in the Philippines. A total of 67 enrolled to the study diagnosed with OA of the knee clinically and radiologically by the criteria set by the American College of Rheumatology. The 67 subjects were randomized into two groups. The experimental group was given an active magnet device and the control group received a sham magnet device worn for a minimum of 112 hours around the affected knee. All subjects were covered with a Non Steroidal Anti-inflammatory Drugs (NSAID) for the duration of the study. All subjects underwent a pretest upon consult for visual analog scale (VAS) and walking speed velocity. A post-test was done after 2 weeks for the same parameters. Subjects and investigator were double-blinded. Out of the 67 patients, 35 subjects comprised the experimental group and 32 comprised the control group. The outcome measures used for the study were the difference of VAS from the post-test and the pretest and the difference of the walking speed from the post-test and pretest between both groups. Analysis was done with Mann-Whitney test with a p-value 0.096704 and t-test with a p-value of 0.1902 at 95% confidence level for change in VAS and walking speed respectively. The study concludes magnet therapy has no significant adjuvant effect in lowering VAS and improving functional walking speed among patients with OA of the knee. There was a 5.71% incidence of localized erythema for the experimental group.