**THE INFLUENCE OF REGULAR PHYSICAL ACTIVITIE IN WOMEN WITH KNEE**

**OSTEOARTHRITIS**

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**ABSTRACT**

**INTRODUCTION:**Knee osteoarthritis is most common chronical, slowly evolving disease of articular cartilage degeneration. Treatment according to all worldwide guidelines includes non-pharmacological, pharmacological and surgical measures.Non-pharmacological treatment is combined of strengthening exercises, range-of-motion, stretching and some physical modalities, education about importance of regular exercising, maintaining normal body mass. Goal of this research was to find differences in feeling pain, stiffness and problems in daily routine activities, body mass index and overall satisfaction of mobility.

**METHOD:**retrospective study included 120 women with clinical signs of knee osteoarthritis aged 45-85 years, grouped by age: younger 45-64 and older 65-85 years. 30 women from each age group were included in two cycles of 20 days therapeutic exercise yearly since 2012. , muscle stimulation of quadriceps and some physical modalities*.* Control group of 30 women from each age group have group exercise one hour twice weekly under physiotherapeutic supervision since 2012.Assessment of clinical symptoms was carried thru validated questionnaireWestern Ontario and McMaster Universities Osteoarthritis index (WOMAC). For each women BMI was calculated and they all answered body movement questionnairewith three questions.

**RESULTS:**Results according to WOMAC questionnaire are better in control group, as well as body movement. BMI is increased in most women in both groups.

**CONCLUSION:** regular body activity could affect on reducing pain, joint stiffness and contribute to better quality participation in activities of daily living.Physiotherapeutic should continuously promote body activity through education of importance of regular body activity in prevention and treatment.

**Key words:** Osteoarthritis, therapeutic exercises, Womac, body mass index