Comparing the effects of manual therapy versus electrophysical agents in the management of knee osteoarthritis. In fact, a 2000 study found that a combination of manual physical therapy and supervised exercise has functional benefits for patients with knee osteoarthritis.

The joints most commonly affected are the knees, hips, and those in the hands. Effectiveness of manual physical therapy and exercise in osteoarthritis. Patients with hip and knee osteoarthritis may improve their pain, stiffness and physical function with sustained physical exercise, manual therapy or both. Weight loss reduces the risk for symptomatic knee osteoarthritis in women.

Comparison of manual therapy and exercise therapy in osteoarthritis of the hip. Manual therapy, exercise therapy, or both, in
BOSTON -- Adding either manual or exercise physical therapy (PT) to usual care for patients with osteoarthritis (OA) of the knee and hip can significantly improve clinical effectiveness. 

Professionals in the field should consider the addition of manual or exercise PT to usual care for patients with OA of the knee and hip to improve clinical effectiveness.
Knee osteoarthritis is one of the leading causes of disability among adults. Manual therapy is a physical therapy treatment that involves skilled, specific. ABSTRACT Knee osteoarthritis (OA) is a prevalent chronic joint disease. Manual therapy, while not to be used as a stand-alone treatment, may be beneficial. Kristian appraises an article looking at manual therapy for sprained ankles. Treating knee osteoarthritis: manual therapy & exercise or a home exercise. Lacking, the efficacy of manual therapy for correcting the scoliotic curve or progression girdle pain and dysfunction, adhesive capsulitis, hip osteoarthritis, knee. Physical therapy treatment of knee osteoarthritis. Physical therapy (manual therapy with supervised exercise). An individualized exercise program (aerobic, Tai Chi). Physical therapy, Knee osteoarthritis, Comparative effectiveness research, These procedures are precisely described in a Manual of Operations. Saint Alphonsus Physical Therapy & Rehabilitation Knee osteoarthritis, common among older adults, occurs when cartilage in the knee breaks down.

Exercise therapy, manual therapy, or both, for osteoarthritis of the hip or knee: a factorial randomised controlled trial protocol. Trials. 2009 Feb 8, 10:11. doi: