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To correlate levels of knee osteoarthritis with alteration of balance and quality of life in the elderly

Gomes, V. M. S. A. ¹, Silva, G. Â. B. ², Uchôa, E. P. B. L. ³

^{1,2}Estudante do Curso de Fisioterapia – UNICAP;

³Docente/pesquisador do Depto de Fisioterapia - UNICAP.

ABSTRACT

Introduction: In aging there are several physiological and biochemical changes, being recurrent pathologies, such as osteoarthritis (OA). **Objective:** This study aimed to correlate levels of knee osteoarthritis with alteration of balance and quality of life in the elderly. **Methodology:** It is a study observational, cross-sectional descriptive study performed at a Clinical School. The socio-demographic questionnaire, Visual Analogue Scale (EVA), Berg Balance Scale, Tinetti Test, Time Up Go Test (TUGT), Scale Somewhat functional of Lequesne, SF-36 and WHOQOL-Bref. The data were analyzed Statistically, using software R version 3.2.4, with values of significance ($p < 0.05$). **Results:** The sample consisted of 19 elderly individuals, 88.88% female, with a mean age of 66.78 years. In VAS, the mean score was 5.11; already in Tinetti was 19. The mean in the BERG scale was 40.95 and the time during the TUG Test was 22.56s. In Lequesne we obtained as a result 12.53. The lowest score of SF-36 was in the Pain domain (46,17); already in WHOQOL-Bref, was Environment (12,53). **Conclusion:** It is concluded that the found findings give indications that OA knee is a condition that interferes with the quality of life, as well as in the compromising the balance.

Keywords: Balance; elderly; Osteoarthritis; Quality of life

*Correspondence to Author:

Gomes, V. M. S. A.

Estudante do Curso de Fisioterapia – UNICAP

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