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EFFICACY OF PULSED ELECTROMAGNETIC THERAPY IN PAINFUL KNEE OSTEOARTHRITIS Serge Perrot (1), Marc Marty (2), André Kahan (1), Charles-Joël Menkès (1) Department of Rheumatology A (1) Cochin Hospital, Paris 5 University, Paris (2) Clinica Statistica, Montrouge, France.

We conducted a randomized, double-blind controlled study to determine the effectiveness of pulsed electromagnetic fields (PEMF) in painful knee osteoarthritis.

Patients and method:

Forty patients (32 women, 8 men), 68.8 ± 9.4 years old, received 9 sequences of 1 hour of PEMF or placebo (pla) treatment during 9 consecutive days. All patients had painful knee osteoarthritis (visual analog scale (VAS) at motion > 40 mm) and fulfilled the ACR osteoarthritis criteria. VAS, Lequesne's algofunctional index (LAI) and number of responders (more than 30% of decrease of VAS and LAI score) were determined before (D0) and at the end of treatment (D9), and at 1 (M1) and 3 (M3) months after the end of treatment

Results:

	Number of pts		Pain VAS		LAI		Responders	
	PEMF	pla	PEMF	pla	PEMF	pla	PEMF	pla
D0	21	19	68.4	75.3	10.4	11.2	-	-
D9	21	19	41.8*	59.5	8.5	10.3	5	2
M1	20	16	40.6	57.5	6.7	9.2	10*	2
M3	13	12	37.4**	64.1	4.9*	9.7	6	3

* p<0.05 ** p<0.01

Conclusions: clinical evaluation confirmed the analgesic and functional efficacy of PEMF in painful knee osteoarthritis. These positive results should be confirmed by larger multicentric studies

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