

GenuTrain® A3

THE EFFECT OF A KNEE SUPPORT IN OSTEOARTHRITIS

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The aim of the randomized and controlled study was to demonstrate the effect of knee supports in terms of range of motion, pain reduction, and physical mobility in patients suffering from osteoarthritis of the knee. The osteoarthritis patients were examined before and after six weeks of treatment and wearing a knee support.

METHODOLOGY

Patients:	n = 39 (n = 19 with the support; n = 20 without the support), age: average of 62 years
Test support:	GenuTrain A3 knee support (Bauerfeind AG)
Test method:	Possible pain-free walking distance; SF-36 score, WOMAC score
Inclusion criteria:	Patients with grade 1-3 osteoarthritis (Kellgren) confirmed in an X-ray



GenuTrain® A3

Active support for the treatment of
complex knee complaints

RESULTS

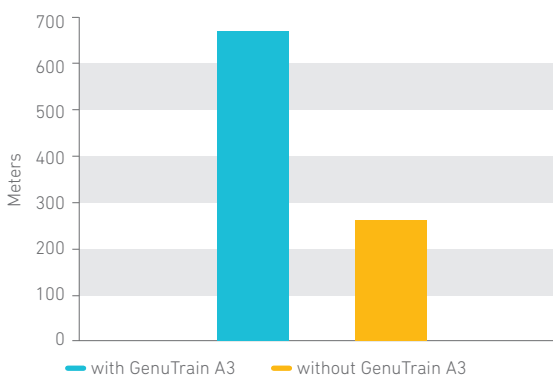
Following six weeks of treatment with the support, patients with the knee support showed lower values for pain and higher values for feeling of stability in the knee and physical function/mobility than the control group in the WOMAC score.

The distance walked without pain increased significantly – by a factor of 2.4 – with GenuTrain A3. Patients with osteoarthritis of the knee remained pain-free for longer with GenuTrain A3.

Patients with osteoarthritis of the knee who used GenuTrain A3 had better health-related quality of life than patients without a support. (SF36-Score).

- **GenuTrain A3 reduces joint pain**
- **GenuTrain A3 improves physical mobility**

Pain-free distance



2.4 times
the walking
distance
(without pain)
with GenuTrain A3