

Squatting in patients of knee osteoarthritis

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Introduction: Osteoarthritis (OA) is a common joint disease in people above 40 years of age and is possibly correlated to squatting. Squatting is widely prevalent in Indian daily life.

Objective: To examine the association between daily squatting and osteoarthritis knee joint in an urban cohort.

Methods: An urban cohort of 5053 was screened for musculoskeletal pain. Out of these, 566 were diagnosed as having OA knee joint. Controls (377) of similar age and same sex were also studied. The subjects were enquired about the average amount of time spent for squatting per day.

Results: The mean squatting was more in females than males in both controls ($M = 13.1 \pm 5.2$, $F = 40.1 \pm 42.9$; $P = 0.0000$) and osteoarthritis patients ($M = 20.7 \pm 45.9$, $F = 49.4 \pm 68.4$, $P = 0.0000$). This was seen in different age groups. The mean squatting time of patients in the OA group was 38 ± 62.1 minutes per day, which was significantly higher than in the control group where the mean squatting time was 26.7 ± 33.5 minutes per day ($P = 0.00016$).

Conclusion: Patients with osteoarthritis of knee have significantly higher squatting in day-to-day life as compared control.

The incidence of self reported musculoskeletal problems in rural and urban population of Lucknow (North India)

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Objective: To study the incidence of musculoskeletal problems in rural and urban population of Lucknow (North India).

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