**Article Full Title**

Manual Therapy (Postisometric Relaxation and Joint Mobilization) in Knee Pain and Function Experienced by Patients with Rheumatoid Arthritis: A Randomized Clinical Pilot Study

**Author Names**

Romanowski,M., Špiritović, M., and Straburzyńska-Lupa, A.

**Reviewer Name**

Jessika Barnes, SPT, LPTA

**Reviewer Affiliations**

Duke University School of Medicine, Doctor of Physical Therapy Division

**Paper Abstract**

Objectives. The purpose of this study was to evaluate the impact of manual therapy on the management of rheumatoid arthritis (RA) patients with knee pain. Materials and Methods. This was a small, randomized clinical pilot study. Subjects were 46 patients with diagnosed RA, randomly assigned to the manual therapy group (postisometric relaxation and joint mobilization) or control group (standard exercise). Subjects in each group had 10 sessions of interventions, once a day with one day break after the sixth day. Outcomes included the pain intensity of knee, Knee Society Score, Oxford Knee Score, and Health Assessment Questionnaire. Results. There were no statistically significant differences between groups, except for the pain intensity of the knee. Conclusions. This study suggests that manual therapy (postisometric relaxation and joint mobilization) may have clinical benefits for treating knee pain and function in rheumatoid patients. Further extended studies are expected to determine the effectiveness of manual therapy in RA patients with knee pain.

**NIH Risk Bias Tool 12/14**

**Key Finding #1**

After the intervention, the manual therapy group showed a significantly greater reduction in the VAS than the control group. There were no signiﬁcant differences in the Knee Society Score and Oxford Knee Score between the groups.

**Key Finding #2**

Manual therapy may alter the imbalance between facilitatory and inhibitory inputs, thereby enhancing descending pain modulation.

**Please provide your summary of the paper**

This study looks at the effects of manual therapy on patients with rheumatoid arthritis of the knee compared to conventional exercise. This study focused on manual techniques: post-isometric relaxation of muscles, patella mobilization, and knee joint mobilization. Results show that manual therapy elicitated positive change in the VAS, although the groups did differ in VAS before the start of treatment. It is essential to be mindful of matching manual therapy techniques to patients' individual needs. Research in the use of manual therapy with patients who experience RA of the knee is lacking, so it would be beneficial for further extended studies.

**Please provide your clinical interpretation of this paper. Include how this study may impact clinical practice and how the results can be implemented.**

My clinical interpretation of this paper is that manual therapy would benefit patients experiencing rheumatoid arthritis in their knees. Manual therapy primarily decreased knee pain and improved patients' functional ability due to reduced knee pain. When it comes to clinical practice, I would like to use manual therapy to help reduce pain in my patients experiencing RA since this is a primary complaint in this patient population. I would also ensure I match manual therapy techniques to patients' individual needs.