

Aquatic Exercise to Improve Function in Osteoarthritis (OA)

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Problem

- **OA Prevalence: 16 million adults**
- **Impacts: physical, psychological, social, economic areas**
- **Public health issue: Healthy People 2010**

Purpose

- To examine the effects of the Arthritis Foundation Aquatic Exercise program (AFAP) for adults with hip or knee (OA)

Design and Methods

- Two-group repeated measure design
- 39 men and women with OA, age 39-86
- Exercise (n=20) and controls (n=19)
- Intervention: aquatic exercise for 60 minutes, three times per wk, 12 wks
- Outcomes: joint motion, strength, walk distance, function, pain, mood

Preliminary Results

- Exercise adherence
- Muscle strength
- Joint range of motion
- 6-minute walk distance
- Functional status
- Psychological distress
- Pain

Participants' comments

- This is the best thing that ever happen to me.
- Yesterday, I was able to walk four blocks. I could not do it prior to the study.
- You should measure balance as well, my balance is improved.

Next Steps

- Complete data analysis
- Long-term follow-up
- Reasons for continuing with AFAP
- Other outcome measures (such as balance, general well being)

