

# Video-based home exercise can minimize osteoarthritis pain, improve mobility

8 February 2012

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The benefits of exercise in minimizing pain and improving mobility for individuals living with osteoarthritis has been well documented.

In a new study presented today at the 2012 Annual Meeting of the American Academy of Orthopaedic Surgeons (AAOS), 107 individuals with diagnosed osteoarthritis in the knee were randomized to either a DVD-based exercise group, or a [control group](#). The "DVD" group received a DVD-based exercise program, as well as verbal and hands-on exercise instructions, for the first four to eight weeks. The individuals in both groups were evaluated at three, six and 12 months.

Participants in the exercise group reportedly exercised 5.3, 5.0 and 3.8 times per week at three, six and 12 month intervals. The improvements in pain and physical function were significantly greater in the DVD group than the control group at all intervals. However, there were no significant differences between the two groups in osteoarthritis progression.

Video-based home exercise programs can enhance adherence to a prescribed [exercise program](#), can reduce pain, improve physical function, and improve [life quality](#) in patients living with [knee osteoarthritis](#).

Provided by American Academy of Orthopaedic Surgeons

APA citation: Video-based home exercise can minimize osteoarthritis pain, improve mobility (2012, February 8) retrieved 25 May 2022 from <https://medicalxpress.com/news/2012-02-video-based-home-minimize-osteoarthritis-pain.html>

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