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Outcomes of Knee Osteoarthritis Management in Physical and Rehabilitation Medicine at the General Referral Hospital of Niamey, Niger

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

Abdoul Aziz Alfari

Physical Medicine and Rehabilitation, General Referral Hospital of Niamey, Niamey, Niger

BACKGROUND

Knee osteoarthritis is one of the most common degenerative musculoskeletal conditions, primarily affecting people over 50 years of age. Its management in physical and rehabilitation medicine leads to satisfactory outcomes.

METHODS

This retrospective study was conducted in the rehabilitation department of the General Referral Hospital of Niamey over a two-year period, from 1 January 2023 to 31 December 2024.

RESULTS

A total of 120 cases of knee osteoarthritis were recorded among 2,927 consultations, representing a frequency of 4.09%. Women accounted for 53% of patients, and the mean age was 57.73 years. Married patients predominated (71.26%). Involvement was bilateral in 46.67% of cases, and the condition was atraumatic in 90%. Pain intensity was 8/10 on the visual analogue scale in 40.84% of patients, and rest relieved pain in 81.67%. Morning stiffness and knee flexion contracture were present in 75% and 69.17% of cases, respectively. Plain radiographs were obtained for all patients, and stage 2 knee osteoarthritis according to the ELBHACK classification was very common. Analgesics and anti-inflammatory drugs were used for symptomatic treatment, combined with rehabilitation in 99.16% of patients, with an average of 12 sessions. Only 15 patients underwent surgery. Resumption of activities of daily living was observed in 98% of patients.

CONCLUSION

This study highlights the importance of knee osteoarthritis management in a physical and rehabilitation medicine department.

Statement of Disclosures

None

Corresponding Author:
Abdoul Aziz Alfari
Physical Medicine and Rehabilitation, General Referral Hospital of Niamey, Niamey, Niger
Email: alfarabdo1@gmail.com

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