E-Poster

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The Value of the Mulligan Concept in the Management of Gonarthrosis

Topic: Exercise

Nadra El Fani[1], Soumaya Elarem[2], Ghanmi Marwa[1], Mariam Gaddour[3], Ines Heni[1], Sahbi Mtaoua[1]

[1]*Department of Physical Medicine and Rehabilitation, University Hospital of Kairouan, Kairouan, Tunisia*
[2]*Department of Physical Medicine and Rehabilitation, Tahar Sfar University Hospital, Mahdia, Tunisia*
[3]*Department of Physical Medicine and Rehabilitation, Sahloul University Hospital, Sousse, Tunisia*

BACKGROUND

The aim is to determine the impact of Mulligan mobilization in combination with conventional rehabilitation in the management of gonarthrosis.

METHODS

This study was a Randomized Clinical Trial. Twenty subjects (males and females) were recruited in two groups: G1 patients followed for gonarthrosis and who was given Mulligan concept and conventional physical therapy and control group G2 was given conventional physiotherapy (CT). Each group was treated for four weeks in which three sessions per week were given. Visual Analog Scale (VAS) was used to measure pain intensity in resting, sitting, standing, squatting, functional activities. Western Ontario McMaster University Osteoarthritis Index (WOMAC).

RESULTS

Within-group comparison by paired t-test showed the p-value was significant < .05, indicating that both treatment was effective in improving symptoms. Between groups, comparison by independent t-test showed that Mulligan Mobilization Technique associated with CT are more effective than CT in improving pain disability and quality of life.

CONCLUSION

Although the study supports the experimental hypothesis that long term effect of Mulligan mobilization with movement is much more effective. The study concluded that Mulligan Mobilization Technique associated with CT provides more clinical benefits regarding pain, disability and range of motion in osteoarthritis patients than CT only.

Statement of Disclosures

None

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Corresponding Author:
Nadra El Fani
Department of Physical Medicine and Rehabilitation, University Hospital of Kairouan, Kairouan, Tunisia
Email: nedra.feni@gmail.com