E-Poster

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Impact of Combined TECAR Therapy and Conventional Treatment on Patients With Iliotibial Band Syndrome: A Prospective Comparative Study

Topic: Physical Modalities

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BACKGROUND

Iliotibial band syndrome (ITBS) presents as a prevalent cause of lateral knee pain in athletic populations, necessitating effective rehabilitation strategies for swift recovery and resumption of sports activities. TECAR (radiofrequency diathermy) therapy has emerged as a promising modality for addressing acute and chronic musculoskeletal disorders. This study aimed to evaluate the added benefits of TECAR therapy alongside conventional rehabilitation on pain, function, and quality of life in patients with ITBS.

METHODS

A prospective comparative study spanning two months enrolled 10 male runners diagnosed with ITBS, assigned into two groups: Group A receiving conventional rehabilitation alone (n=5) and Group B receiving the same program supplemented with TECAR therapy (WINBACK3®) at a frequency of one session per week for 20 minutes at 1 MHz. Assessment parameters included pain (Visual Analog Scale: VAS), functional disability (International Knee Documentation Committee Subjective Knee Evaluation Form: IKDC), quality of life (Short Form 36: SF 36), and patient satisfaction (SAPS). Evaluations were conducted at baseline, one month, and two months.

RESULTS

The mean age of patients was 29 years. At the end of the intervention, both groups experienced decreased pain levels, with Group B demonstrating a greater reduction in pain at rest and on palpation compared to Group A. Improvement in function and quality of life was observed across all patients, with Group B exhibiting higher gains in IKDC and SF 36 scores. Patient satisfaction was uniformly high, with Group B reporting higher levels of satisfaction.

CONCLUSION

TECAR therapy demonstrates significant potential in managing ITBS, as evidenced by improved pain relief, enhanced function, and increased quality of life. The findings underscore the value of integrating TECAR therapy into rehabilitation protocols for optimal outcomes in ITBS patients.

Statement of Disclosures

None

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