E-Poster

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Perceived Benefits and Barriers Towards Exercise Among Patients With Knee Osteoarthritis

Topic: Exercise

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BACKGROUND

Physical activity (PA) is highly recommended for patients suffering from osteoarthritis. However, despite its significant benefits, patients with knee osteoarthritis exhibit low levels of PA and adopt a more sedentary lifestyle. Understanding their perceptions of exercise is essential for developing more effective interventions.

METHODS

This cross-sectional study (April–September 2022) included 178 patients with knee osteoarthritis (mean age 58.5 years, 88.2% women, 69.1% with comorbidities), classified according to the Kellgren and Lawrence scale (64.4% Grade 2, 25.6% Grade 3). Physical activity levels were assessed using the IPAQ-SF, and perceived benefits/barriers to exercise were evaluated using the PBBS scale. Anxiety and depression were measured using the GAD-7 and PHQ-9 scales.

RESULTS

The main perceived benefits were related to mental health: improvement in mental health (3.53/4), mood (3.48), and stress reduction (3.43). The primary barriers included physical fatigue: "exercise makes me tired" (2.42/4), "I feel exhausted" (2.32), and "exercise is difficult" (2.27). Pain and disability related to osteoarthritis were not associated with perceived barriers.

CONCLUSION

The results highlight that physical fatigue is a major obstacle, similar to findings in other studies on chronic diseases. The mental benefits of exercise were the most valued, with a positive impact on mood and depression

Statement of Disclosures

None

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