

# Frequency of Self-Reported Hip and Knee Pain in Elderly Population

Azra Bibi<sup>1</sup>, Aamir Gul Memon<sup>2</sup>, Abdul Razzaque Rahimoon<sup>3</sup>, Tayyiba Zulqarnain<sup>4</sup>, Marina Khan Soomro<sup>4</sup>,  
Shoaib Ahmed Memon<sup>4</sup>

<sup>1</sup>Physiotherapist at City care medical center Hyderabad.

<sup>2</sup>Assistant Professor, Suleman Roshan College of Physiotherapy Rehabilitation Sciences, Tando Adam

<sup>3</sup>Physiotherapist at Center for Autism Rehabilitation Training Sindh

<sup>4</sup>Lecturer at Abasyn Univeristy Islamabad campus.

<sup>5,6</sup> Lecturer at Suleman Roshan College of physiotherapy Rehabilitation Sciences, Tando Adam

## Author's Contribution

<sup>1,2</sup> Conception and design, <sup>3,5</sup> Collection and assembly of data, <sup>1,3</sup> Analysis and interpretation of the data, Statistical expertise, <sup>2,4</sup> Drafting of Article,<sup>1,2</sup> Critical revision of the article for important intellectual content, Final approval and guarantor of the article

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## Address of Correspondence

Dr Aamir Gul Memon

Email Id: aamir\_mmn642@yahoo.com

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## A B S T R A C T

**Background:** Knee pain is a typical complaint among adults and frequently connected with general mileage from everyday exercises like strolling, bowing, standing, and lifting. Competitors who run or play sports that include bouncing or fast rotating are additionally bound to encounter knee torment and issues. However, regardless of whether a person's knee torment is brought about by maturing or injury, it very well may be a disturbance and in any event, weakening in certain conditions.

**Objective:** To determine the Frequency of hip and knee pain in elderly people.

**Methodology:** A cross-sectional survey was conducted on 150 patients, which were selected through non probability convenience sampling technique and was calculated by Rao Soft tool from Aug 2020 to Nov 2020. Data was collected from private clinics of Hyderabad and Physiotherapy OPD, Suleman Roshan Medical college hospital using standard questionnaire the Western Ontario McMaster Universities osteoarthritis index (WOMAC), and VAS scale for self-reported pain measurement. Data was analyzed using SPSS v.21

**Results:** Shows that unilateral or predominantly affected knee were found 47%, bilateral Knee 16%, unilateral hip 20%, hip bilaterally 6%, both knee-hip pain reported about 11% among participants. And Patient having none or mild pain 21.3%, moderate pain 26.0%, severe pain 36.7%, extremely severe pain 16.0%. Participants having pain while performing ADLs (Activity of daily livings) reported, No Pain 60.7%, Moderate Pain 33.3%, worst possible pain 6.0% were found.

**Conclusion:** The results of this study indicate that 47% of knee joint pain were found with 36.7% severe pain and high frequent than hip joint.

**Keywords:** Elderly, Hip, Knee, Frequency, Self-Reported Pain

## Introduction

Musculoskeletal conditions area unit predominant and their impact is inescapable. They're the foremost widely known reason for the serious end of the day torment and actual handicap, and that they influence an enormous variety of people around the globe. They primarily influence the psychosocial standing of influenced people even as their families and career.<sup>1</sup> at any one time, 30% of American adults area unit influenced by joint pain, expanding, or restriction of movement. Walking is

that the most typical method by that a personal will keep physically active.<sup>2</sup> however, knee pain is a serious disabling downside among the foremost active part of the population i.e. the young adults. The prevalence of knee pain was reported 3.9% among children of age 9-10 years, 3.3% in the age of 10- 19 years, 25% in adults of age 18- 35 years, 28% in those older than 45 years, and about 37% in elderly aged 65 years and above.<sup>3</sup> In Republic of Finland knee pain prevalence among young

agers was reported to be 18.5 %.<sup>2</sup> In China, 39 of youngsters aged 16 years or on top of had knee pain.<sup>4</sup> Female's area unit a pair of 2.23 times additional susceptible to have Patello-femoral pain than males.<sup>5</sup> Prevalence of anterior knee pain among ladies aged 18-35 years was reported 12-13%.<sup>6</sup> Associate in nursing redoubled Q-angle of 2-3 degrees was found to be inflicting knee pain among women aged 15-23 years.<sup>7</sup> A sixteen years follow-up was applied upon adolescent women having idiopathic anterior knee pain, 71 women continued to possess knee pain for 20years.<sup>8</sup> knee is that the most typical site of disorder.<sup>9</sup> and accounts 33% of all contractile musculoskeletal problems.<sup>10</sup>

A study was conducted by M.A Cimminio, et all. Department of medical specialty, University of city Italian. Sample size was 4,456 Aged sixteen years and additional, designated form was ARC form 3,294 answerer were asked to reply. Result was joint pain was reportable by 889(27%) joint swelling was reportable 463(14%) prevalence of joint pain symptom hyperbolic age in each sex found high level of prevalence of pain and swelling within the peripheral joint normally Italian population. Prevalence was high in Italian than in China and Asian nation.<sup>7</sup> another study was conducted by Else Odling Hens et all. Department of medicine and Biostatistics theologist University of school of medicine, Holland. The sample size was 1156 men and 1739 girls. Arbitrarily the used Health Assessment form (HAQ) result were locomotors incapacity. Lower limb operate (20.2%) men (31.9%) women. Hip pain was presented in (8.3%) men (16.6%)women knee pain in (16.6%) women. knee pain in (12.6)men (22.31%) girls degenerative arthritis grade hip was (14.1) men (15.9%)women and knee( sixteen.3%) men(29.1%) women.<sup>8</sup> Former study results showed that the prevalence of current pain was 59.7% and past four weeks was 74.5%. Most commonly affected knee 3.9% and bilaterally 9.7% prevalence of pain was increase with age.<sup>9</sup>

Another result 9,957 surveyed responded, 2,207 complained of hip pain (22.2%) 43 participants did or may never response the Question 698(15.6%) was American state and 1,509 (27.5%) was girls WHO have toughened knee pain presently 3,015 total people (30.3%) 1,290 men, 1,725 girls gave a positive response.1089 suffered from daily having a solely knee pain 641(6.4%) had

undergone operation and different injury associated with knee.<sup>10</sup> A Study was conducted by J. town et al, response rate was 66.3%, 19.2% reportable hip pain and 32.65 participants was reportable knee pain. the share of hip and knee was reported 11.3%, 40.7% reportable hip and knee pain half the population were affected the unilateral pain. There was associate degree association between self-reported VAS pain with the physical operate and study.<sup>11</sup> A study was conducted by P. Dieppe et al, it has been calculable that 7.5% of individuals was over 55 year have some knee and hip pain and incapacity related to picture taking proof of OA which a pair of have severe problems.<sup>12</sup>

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## Methodology

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A cross-sectional survey was conducted at different Physiotherapy Clinics of Hyderabad and Physiotherapy OPD, Suleman Roshan Medical college hospital. Total 150 patients, which were selected through non probability convenience sampling technique and was calculated by Rao Soft tool from Aug 2020 to Nov 2020. The participants which was below age 40years and any trauma or fractured since last 6 months history was excluded from this study. A detailed standard Questionnaire was used, contained 21 items included demographic data, mainly addressing the Western Ontario Mac Master Universities (WOMAC) index, and VAS scale was used. Patients having self-reported musculoskeletal pain. Data analysis SPSS 21.0 version. Categorical variables were expressed in terms of frequency and percentages.

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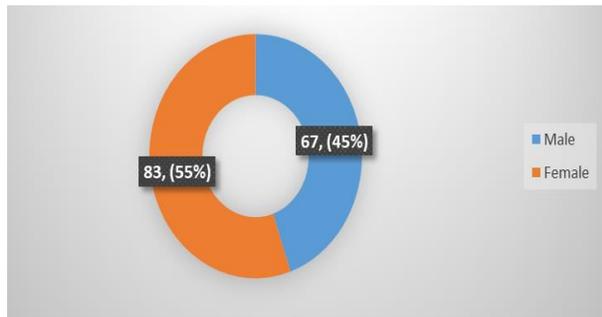
## Results

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According to the results of self-reported pain in hip or knee that results of total of 150 participants, 83(55%) were female and 67(45%) were male given in figure 01. Current pain: 46.93%, pain with last 6 months 16.68%, current joint complaints 34.23%.

Patient having unilateral or predominantly affected knee were 47%, Knee Bilateral 16%, hip unilateral 20%, hip bilaterally 6%, knee-hip pain reported 11% among participants in given table I. And Patient having none or mild pain 21.3%, moderate pain 26.0%, severe pain 36.7%, extremely severe pain 16.0% given in table II.

Participants having pain while performing ADLs (Activity of daily livings) reported, No Pain 60.7%, Moderate Pain 33.3%, worst possible pain 6.0% are given in table III.



**Figure 1. Gender of participants**

**Table I: Shows Site of Pain**

Site of pain	Percentage
Unilateral Knee	47%
Bilateral Knee	16%
Unilateral Hip	20%
Bilateral Hip	6%
Knee and hip both	11%
Total	100%

**Table II: Shows Intensity of pain at rest**

Intensity	Frequency	Percent
None or mild pain	32	21.3
Moderate pain	39	26.0
Severe pain	55	36.7
Extremely Severe pain	24	16.0
<b>Total</b>	<b>150</b>	<b>100.0</b>

**Table III: Shows Severity of pain while performing daily living activities (ADLs)**

Intensity	Frequency	Percent
Light pain	91	60.7
Moderate pain	50	33.3
Worst pain	9	6.0
<b>Total</b>	<b>150</b>	<b>100.0</b>

## Discussion

Previous studies have shown variable level of knee joint pain prevalence, like Roush et al (2012), reportable the prevalence of knee pain in females at a mean age of 24.74 years, to be 12-13%.<sup>6</sup>

In another study, out of 40.2% females with respectively pain, over half of them (53.9%) had a grievance of bilateral knee pain wherever as 24.2% and 21.8% reportable right and left knee pain severally. Roush also

reportable knee pain to be 13% in right knee and 12% in left knee among female population of eighteen to 35 years.<sup>7</sup>

Another past study was directed in 2013 by Ulrich Thiem et tired Federal Republic of Germany within the Department of medicine, faculty of Bochum, Marien clinic Herne, that outcomes demonstrated that commonness of current torment was 59.7% and up to date weeks was 74.5%. Most commonly influenced knee 30.9% and severally respectively 9.7% predominance of pain was expanded with age.<sup>13</sup>

In an earlier study of subjects aged 79-85 year, painful knees attributed to OA were ascertained in thirty eighth of females and thirteen of males. In 574 individuals aged 55, knee pain was reportable by 13% of females and 8% of males.<sup>14</sup>

A past report was directed by Jordi Miro et tired the branch of neuroscience. The predominance of pain was 73.5% higher in feminine than males, who elaborated torment 94.2% were experiencing in progress torment the mean score of VAS was 4.8% out of 10. 35.5% of member elaborated impediment in ADLs (movement of everyday living) in light of pain.<sup>15</sup>

Another investigation was led by Elaine Thomas et all at the division of essential Care science analysis focus, self-revealed question was finished with joint pain space of recent weeks with torment electric resistance of movement of day by day living 71.3% react rate was accounted for recent week torment generality was 72.4% higher in female than male. 12.5% of public having torment in additional than one territory of the body. Most normal space was knee, hip and ankle pain 3.8% public had issue with the movement of everyday living.<sup>16</sup>

A recent examination showed that lower limb work (20.2%) men (31.9%) ladies. Hip pain was given in (8.3%) men, (16.6%) ladies knee pain in (16.6%) ladies. knee torment in (12.6) men, (22.31%) female arthritis score hip was (14.1) men (15.9%) ladies and knee (16.3%) men (29.1%) ladies.<sup>17</sup>

In our survey we found that patient having unilateral or 20% affected knee were 47%, Knee Bilateral 16%, hip unilateral 20%, hip bilaterally 6%, knee-hip pain reportable 11% among participants, a patient having none or mild pain 21.3%, moderate pain 26.0%, severe pain

36.7%, extremely severe pain 16.0% was reportable. Participants having pain whereas reported ADLs (Activity of daily livings) reported, No Pain 60.7%, Moderate Pain 33.3%, worst doable pain 6.0% were found.

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## Conclusion

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The results of this study indicate that 47% of knee joint pain were found with 36.7% severe pain and high frequent than hip joint.

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