



## Aquatic exercise beneficial in knee and hip osteoarthritis

Clinical Question	Are aquatic exercise interventions effective in the treatment of knee and hip osteoarthritis (OA)?
Bottom Line	Aquatic exercises appear to have some beneficial short-term (3 months) effects for patients with knee and/or hip OA. Compared to no exercise or land-based exercises aquatic exercises reduced pain by 1 more point on a scale of 0 to 20 and improved function by 3 more points on a scale of 0 to 68. Based on this, aquatic exercises may be considered as the first part of a longer exercise program for OA patients.
Caveat	Most trials were only followed up for 3 months. The progress of damage in OA as seen on X-rays was not measured.
Context	Aquatic exercise is also known as “pool therapy” or “hydrotherapy”. It involves exercise in water that is heated to about 32 to 36 degrees Celsius. Exercises may include aerobic activities, stretching and strengthening, and range of motion.
Reference	Bartels EM et al. <b>Aquatic exercise for the treatment of knee and hip osteoarthritis.</b> Cochrane Reviews 2007, Issue 4. Art No : CD005523. DOI :10.1002/14651858. CD005523.pub2. This review contains 6 trials involving 800 participants.
Date (Author)	November 2007 (Brian R McAvoy)

NNT = numbers needed to treat to benefit one person

NNH = numbers needed to harm one person

Both NNT and NNH are only reported if the studies or pooling of studies is statistically significant

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