

# Effects of Diagonal Proprioceptive Neuromuscular Facilitation Patterns on Pain and Functional Outcomes in Patients With Knee Osteoarthritis

NCT07396233

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Karachi
<b>Enrollment</b>	150 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Both male and females with an age range between 40-60 years.
- Patients diagnosed with unilateral or bilateral Knee OA.
- Grade-II or grade-III on Kellgren and Lawrence classification.
- Patients having pain intensity more than 3.4 cm on VAS as minimum cut off value.
- Duration of knee OA more than 3 months (chronic).

### Exclusion (7)

- Patients with any neurological disorder.
- History of lower limb arthroplasty or any other knee surgery.
- Septic knee arthritis.
- Inflammatory rheumatic disease such as rheumatoid arthritis and gout.
- Cancer or any other malignancy such as bone tumor.
- ... and 2 more (see full listing online)

## Locations (2 total)

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Al-Rayaz Hospital, Karachi, Sindh, Pakistan  
Dr. Ziauddin Hospital, Karachi, Sindh, Pakistan