

### **OC33: The influence of knee pain in the incapacity and proprioception in older adults**

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**Introduction:** The pain in the knee presents a multifactorial ethology, with age as an important risk factor. The pain in the knee might be related to changes in the proprioception of the knee.

**Objectives:** To compare the influence of the unilateral pain with the bilateral pain in the knee in the disability and proprioception in older adults.

**Materials and Methods:** Cross-sectional study with a sample comprised of 11 individuals with knee pain, divided into two groups: one with unilateral pain (UPG=6) and another one with bilateral pain (BPG=5). The Knee Injury and Osteoarthritis Outcome Score (KOOS) was used to analyse the pain, stiffness and other symptoms, everyday activities, sports and recreation and in the quality of life. It was also performed a measurement of the passive and active articular position, as well as the sense of load discrimination. The Mann-Whitney and Spearman correlation tests were carried out, with a significance level of 0.05.

**Results and Discussion:** In the different KOOS dimensions, even though there were no significant differences amongst the groups, the UPG presents lower scores, which translate a greater disability. In the articular position sense and in the load discrimination sense, there were no significant changes verified amongst the groups. It was observed a significant relationship between the load discrimination and the KOOS domains, pain ( $p < 0.001$ ) and everyday activities ( $p = 0.010$ ), and it was in the UPG that was verified a very strong positive correlation.

**Conclusion:** Unilateral or bilateral Knee pain, do not influence disability, nor proprioception in the older adults.

### **References**

1. Hamilton, C. B., Maly, M. R., Clark, J. M., Speechley, M., Petrella, R. J., & Chesworth, B. M. (2013). Activity-Modifying Behaviour Mediates the Relationship between Pain Severity and Activity Limitations among Adults with Emergent Knee Pain. *Physiotherapy Canada*, 65(1), 12-19.