Knee Osteoarthritis Functional Classification - Males

Knee Osteoarthritis Functional Classification - Females

Research Update
May 2016
Dear colleagues,

Welcome to our annual research update of AposTherapy. As you know, the global disease burden of osteoarthritis continues to grow. We believe that AposTherapy is bringing a transformational solution.

Central to our growth plan is the clinical credibility of AposTherapy, and we continue to invest heavily in research and development, and to work closely with external partners to advance our scholarship. We have recently had the pleasure of welcoming Dr. Jonathan Yovell to our team to lead our R&D and clinical informatics, and as you will see have published a total of 15 internal and 28 external articles in peer reviewed journals.

As always, we appreciate your continuing interest in AposTherapy. Please feel free to contact us directly for any questions on this review, or if you are interested in pursuing research with us, or independently.

Yours sincerely,

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Biomechanical aspects of knee osteoarthritis and AposTherapy - Review

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Abstract

Over the past few decades, there has been growing evidence on the importance of biomechanical factors in the pathogenesis of knee osteoarthritis (OA). Knee OA is characterized by decreased neuromuscular control, instability of the knee joint and weakness of the knee musculature, all of which lead to abnormal bracing of the knee in order to maintain stability. This bracing results in an increase in the knee adduction moment and knee flexion moment that together bring the knee joint toward a greater varus alignment than it was originally. As a result, all weight of the body is localized on the posterior medial aspect of the knee. The increase in knee joint loading causes further deterioration of the joint cartilage and worsens the symptoms of OA. These changes place the patient in a vicious cycle in which further deterioration of clinical symptoms, such as pain and function, is inevitable.

Many resources and efforts have been invested toward developing a solution that will stop and even reverse this cycle. Most of them focus on reducing loads from the medial aspect of the affected joint and returning the musculoskeletal properties of the knee back to healthy patterns.

Orthotics, braces and walking aids are some examples of biomechanical devices under examination today. Physical exercises and neuromuscular training, such as training with unstable surfaces, are also being examined. All these interventions, however, have had limited success from a clinical point of view and have yet to show evidence of stopping/changing the biomechanical deterioration of the knee.

Over the last several years, the Orthopedic Departments of HaEmek Medical Center, Sourasky Medical Center and Assaf Harofeh Medical Center as well as The Biorobotics and Biomechanics Laboratory of the Technion Israel Institute of Technology have examined a new biomechanical therapy for the management of knee OA called AposTherapy. Through a series of studies it has been shown that patients with knee OA who were treated with AposTherapy reported a significant reduction in pain and an improvement in function, quality of life and gait patterns. In addition, for the first time, a reversal of the biomechanical abnormalities was shown following AposTherapy.

AposTherapy is a non-invasive, biomechanical therapy that is intended to rehabilitate the pathological gait patterns of patients with knee OA. AposTherapy is carried out in the patient’s own environment and during daily activities. The therapy is based on a unique technology that enables manipulation of the center of pressure under the foot which thereby modifies the moments acting on the joints of the lower extremity, pelvis and spine. Throughout therapy the patients are carefully monitored for changes in gait, pain and function.

This review summarizes the biomechanical aspects of knee OA and describes the mechanism of AposTherapy and its clinical application.
Introduction

Over the past few years, there has been growing evidence on the importance of biomechanics in the development and progression of knee osteoarthritis (OA). Biomechanical factors, such as abnormal posture and mal-alignment of the joints, lead to changes in the kinetics and kinematics that cause greater loads on the affected joint. Other factors, such as muscle weakness and neuromuscular deficits, lead to pathological compensatory mechanisms such as co-contraction and bracing that further harm the joint. Pain, which is a primary symptom in knee OA, arises in response to increased loads on the affected joint. High levels of pain lead to exercise avoidance and, when severe, even an avoidance of daily life activity such as walking and climbing stairs.

Knee OA is not just a joint disease but a disease of the soft tissue surrounding the joint as well. OA can also affect adjacent joints such as the ankle and hip. Adjacent muscles may also be weakened by knee OA, especially the Gluteus Maximus, Gluteus Medius and external rotators. Inflammation at the insertion point of tendons surrounding the knee joint (i.e. Pes Anserinus) or the hip (i.e. Trochanteric Bursitis) is also a common finding in knee OA. There is also cartilage degeneration in the patellofemoral joint as well as changes in the soft tissue flexibility (such as in the posterior capsule). All these additional changes also contribute to the pain felt by a patient with knee OA.

Biomechanical changes at the knee joint

Knee OA affects the kinetics and kinematics of the knee joint. Loads are also transferred from the knee joint to the hip joint causing biomechanical changes there as well [1]. These biomechanical changes are the primary source for pain and functional limitation and therefore preventing their progression is critical in the management of knee OA.

The medial compartment of a normal knee joint bears approximately 70% of body weight whereas the lateral compartment bears the remaining weight. This is a result of the trajectory of the ground reaction force (GRF) vector at the knee joint. The GRF trajectory passes medially and posterior to the knee joint. The moment created by this force at the knee is made up of an adduction and flexion moment. Patients with knee OA can be characterized by a significant increase in the knee adduction moment [2] (Figure 1). The magnitude of the knee adduction moment directly correlates with joint space narrowing, medial joint capsule loosening and levels of pain and functional limitation [3]. The phenomenon of joint capsule loosening is also known as “pseudo-laxity” [4]. In order to overcome the sensation of joint instability, the muscles surrounding the medial aspect of the knee adopt a bracing mechanism by which they contract as a whole to stabilize the medial aspect of the knee joint. This bracing also increases the loads at the medial compartment and accelerates the degenerative changes at the knee joint.
The knee adduction moment is a result of the magnitude of the ground reaction force (GRF) times the distance (i.e. moment arm) from the center of rotation (GRF*LA). The graph of the knee adduction moment during a gait cycle in a patient with knee OA is characterized by an increase in the peak and impulse (the area under the curve) of the moment (presented by Mali M., 2007).

Previous studies have examined the correlation between muscle performance and knee OA [5-9]. A weak correlation was found between muscle weakness, especially in the quadriceps, and radiographic changes of knee OA. This weak correlation was found in patients who did not report any knee pain or functional limitation [10]. In fact, it has been shown that even in a supposedly healthy population, evidence of radiographic changes can be found in the presence of muscle weakness even before the appearance of knee OA symptoms. Furthermore, it has been shown that the muscles surrounding the knee joint function abnormally. For example, muscles are active for longer periods of time and at higher magnitudes but produce less efficient and defective patterns such as co-contractions [11-12]. Lawek et al. reported that the muscles at the medial compartment of the knee (vastus medialis, medial gastrocnemius and medial hamstrings) present with pathological protective patterns. These pathologic muscle patterns increase the compressive forces and moments acting on the affected compartment [13].

Alongside the changes in muscle activation, changes are observed in the sensory system as well. In and surrounding the knee joint are thousands of sensory receptors that are responsible for detecting changes in joint positioning (proprioception) and transmitting the afferent information to the central nervous system. Efferent information is transferred from the central nervous system to the peripheral system to create a motor response. This reflexive system prevents falls and injuries.

Figure 1. Knee adduction moment
In the event of damage to the proprioceptive system, a person is at a high risk for injury. In knee OA, almost 50% of patients report a sense of instability in their symptomatic knee, such as a feeling of “giving way”, an inability to trust the knee while carrying out daily activities and a feeling that the leg is “not cooperating” [4]. This sensation of knee joint instability highly correlates with dysfunction and immobility [14].

Treating the biomechanical factors of knee OA

Due to the well-established evidence on the effect of biomechanical factors on knee OA, there is a growing experimental and developmental effort in finding an adequate biomechanical intervention for knee OA. The overall goal is to find a solution that will stop the deterioration of the disease and hopefully even reverse its pathogenesis. Current research focuses on finding biomechanical methods by which to reduce loads from the affected joint and rehabilitate muscle activity. Clinicians have attempted to reduce knee joint loads through biomechanical devices such as orthotics and knee braces [15-18]. These interventions aim at reducing the knee adduction moment. The principle for muscle rehabilitation is based on training and improving neuromuscular control [19]. To date, biomechanical therapies have had limited clinical success and have yet to show evidence of reversing the abnormal biomechanical patterns of knee OA. Furthermore, none of the therapies integrate both load reduction and muscle rehabilitation.

Current biomechanical therapies

Knee braces, orthotics, walking aids and similar interventions are the primary biomechanical therapies being investigated today. Exercises on unstable surfaces are also being examined as therapies for improving neuromuscular control. These therapies have all had limited clinical success and not shown evidence of reversing the abnormal biomechanical patterns of knee OA.

Some researchers hypothesize that using orthotics and knee braces cause a decrease in the knee adduction moment. Researchers believe, however, that these cause only static changes at the knee joint and as such, do not create new motor learning or improvements in the neuromuscular system. In addition, the decrease in the knee adduction moment is not accompanied by a relief in symptoms such as reduction in pain or improvement in function.

Neuromuscular exercises on unstable surfaces are limited to date and mostly include exercises on a stationary wobble board. Such exercises do not allow for control of the biomechanical alignment in the knee and as such, may cause pain during exercise. Exercising while in pain affects proper motor learning and may even cause implementation of abnormal compensatory motor patterns. There may also be poor compliance. Another limitation of stationary exercises is that they cannot be carried out during daily activity, as is required for motor learning. Neuromuscular training exercises should instead be carried out under proper biomechanical alignment in which the patient reports reduced or no pain. Exercise should be carried while performing daily activities. An added plus would be exercises in closed kinematic movements that include weight bearing activities and high numbers of repetitions [20].
AposTherapy

AposTherapy is a biomechanical therapy that was developed in Israel and has the ability to combine the two biomechanical treatments for knee OA: reducing loads from the affected joint [21-22] and training of the neuromuscular system [23-24]. The Apos system is calibrated individually to each patient in order to obtain a healthier biomechanical alignment in which less pain is reported and gait patterns are more symmetrical. The patient is then instructed to exercise with the system while performing his or her daily activities at home or at work. This exercise regimen enables the patient to adopt and implement proper gait patterns without pain. In addition, AposTherapy has been shown to strengthen the muscles of the knee and improve the timing of muscle activation [25]. In addition, patients report an increased sense of joint stability.

The Apos system is comprised of convex adjustable biomechanical elements placed under the hind-foot and fore-foot regions of each foot. The elements are attached via a platform in the form of a shoe. This platform enables the clinician to calibrate the biomechanical elements to a customized location for each patient. The ideal location for each patient centers the pressure in the foot to a position that properly aligns the lower limb (Figure 2).

Figure 2. Apos System

Haim et al. showed that changing the location of the center of pressure (COP) through positioning of the biomechanical elements causes changes in the moments acting on the lower extremity joints. For example, shifting the biomechanical elements to the lateral aspect of the foot causes a lateral shift of the COP and a decrease in knee adduction moment [23]. In addition to proper alignment of the lower limb and a reduction in the knee adduction moment, the convex nature of the elements promotes controlled perturbation. Since the system can be used during walking throughout the day, the alignment and controlled perturbation are applied repetitively and dynamically throughout all phases of the step-cycle.
Bar ziv et al. [23] examined the effect of AposTherapy on the clinical symptoms of patients with knee OA. This was a prospective, controlled, double-blind study. The study examined the changes in self-evaluation questionnaires (WOMAC, SF-36, Knee society score) and in functional tests (Aggregated locomotor function) in two comparative groups over two months. The first group received AposTherapy and the second group received a sham control device (i.e. the shoe platform without the biomechanical elements and calibration). The patients in the first group reported a significant improvement in their levels of pain and function as well as improvement in their quality of life. No significant changes were found in the patients from the control group. Recently, preliminary results of a two year follow-up study on these patients were presented. Patients from the research group maintained the positive improvement seen after just two months of therapy and patients from the control group again showed no significant improvement. Similar findings were presented by Elbaz et al. in a study that examined the effect of three months of AposTherapy on the gait patterns and clinical measurements of patients with knee OA. In addition to the improvement in their levels of pain and function, the patients reported a significant improvement in gait velocity, step length and single limb support (a phase in the gait cycle where the body weight is entirely supported by one limb while the contralateral limb swings forward).

In order to fully understand the effect of AposTherapy on the biomechanics of knee OA and on the symptoms of patients with knee OA, a collaborative multicenter study (Technion Institution, HaEmek Medical Center and Sourasky Medical Center) was conducted. The first stage of the study included a full analysis of the kinetics, kinematics and muscle activity at different positions of the biomechanical elements in a healthy population [21-22, 25]. Two papers present the effect of the Apos system on the knee adduction moment [21] and knee flexion moment [22] while walking. These studies show that by changing the location of the center of pressure by shifting the biomechanical elements, the moments acting on the lower extremity, pelvis and spine can be controlled. Similarly, it was shown that the muscle activation patterns also change when the biomechanical elements are shifted [25].

The second stage of the study examined the changes in kinetic, kinematic and muscle activation patterns of patients with knee OA treated with AposTherapy. Results supported previous findings and showed that shifting the biomechanical elements can change the COP. A change in the location of the COP caused a reduction in the knee adduction moment of these patients by shifting the GRF vector trajectory and reducing the lever arm from the center of the knee joint to the GRF vector. A medial shift of the biomechanical element led to a 16% decrease in the magnitude of the knee adduction moment. Furthermore, the kinetics, kinematics, muscle activity and clinical symptoms of these patients were examined after nine months of AposTherapy. As in the studies by Bar-Ziv et al. [23] and Elbaz et al., [24] a significant decrease in pain and improvement in function was observed after nine months of therapy. Furthermore, AposTherapy led to a significant reduction in the peak value and the impulse value (area under the curve) of the knee adduction moment. These results illustrate that, for the first time, a reversal of the pathological biomechanics of knee OA is achievable.

To the best of our knowledge, this is the first time that a therapy has lead to a significant improvement in the gait patterns of patients with knee OA in combination with significant improvements in clinical symptoms. In other words, this is the first time a therapy was shown to stop the vicious cycle and reverse it.
In conclusion, AposTherapy can improve the pain, function and quality of life of patients with knee OA. Furthermore, AposTherapy has been shown to improve the gait patterns and biomechanical characteristics of knee OA that correlate with disease severity, and thus may be able to prevent further deterioration of the disease and instead promote a reversal of the pathology.

References


2. Clinical Outcomes

Knee Conditions

“Noninvasive biomechanical therapy improves objective and subjective measurements of pain and function in patients with knee osteoarthritis: a retrospective analysis”

“Effects of a customized biomechanical therapy on patients with medial compartment knee osteoarthritis”

“Long-Term Effects of AposTherapy in Patients with Osteoarthritis of the Knee: A Two-Year Followup

“Reduction in knee adduction moment via non-invasive biomechanical training: A longitudinal gait analysis study”

“A treatment applying a biomechanical device to the feet of patients with knee osteoarthritis results in reduced pain and improved function: a prospective controlled study”

“Patients with knee osteoarthritis demonstrate improved gait pattern and reduced pain following a non-invasive biomechanical therapy: a prospective multi-center study on Singaporean population”

“Alterations in sagittal plane knee kinetics in knee osteoarthritis using a biomechanical therapy device”

“A novel self-care biomechanical treatment for obese patients with knee osteoarthritis”

“APOS therapy improves clinical measurements and gait in patients with knee osteoarthritis”

“The outcome of a novel biomechanical therapy for patients suffering from anterior knee pain”

“A unique foot-worn device for patients with degenerative meniscal tear”

“A noninvasive biomechanical treatment as an additional tool in the rehabilitation of an acute anterior cruciate ligament tear: A case report”

“New approach for the rehabilitation of patients following total knee arthroplasty”

“A novel non-invasive adjuvant biomechanical treatment for patients with altered rehabilitation after Total Knee Arthroplasty: Results of a pilot investigation”

Hip Conditions

“A non-invasive biomechanical device and treatment for patients following total hip arthroplasty: results of a 6-month pilot investigation”

“A non-invasive foot-worn biomechanical device for patients with hip osteoarthritis”

Lower Back Conditions

“A novel biomechanical device improves gait pattern in patients with chronic nonspecific low back pain”

“Patients with chronic non-specific low back pain who reported reduction in pain and improvement in function also demonstrated an improvement in gait pattern”
Noninvasive biomechanical therapy improves objective and subjective measurements of pain and function in patients with knee osteoarthritis: a retrospective analysis

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\textbf{ABSTRACT}

\textbf{Background:}
Biomechanical interventions for the management of knee osteoarthritis (OA) are emerging. AposTherapy is one type of biomechanical therapy that has been shown to reduce knee adduction moment and improve gait patterns and clinical symptoms. The purpose of the current study was to further investigate the changes in gait patterns after this biomechanical therapy and to define its possible clinical benefits for patients with knee OA.

\textbf{Methods:}
Four hundred and twelve patients with knee OA were evaluated using a computerized gait test, as well as the Western Ontario and McMaster Osteoarthritis Index (WOMAC) and the SF-36 Health Survey self-evaluation questionnaires. After these measurements, the Apos system was individually calibrated to each patient according to his or her gait patterns and clinical evaluation. All patients received exercise guidelines and underwent 3 months of therapy. A second evaluation of gait and clinical symptoms was conducted after 3 months of therapy.

\textbf{Results:}
After 3 months of therapy, a significant improvement was found in all gait parameters (all $P < 0.01$), as well as in the level of pain, function, and quality of life (all $P < 0.01$). High correlations were found between the improvement in gait parameters and the improvement in self-evaluation questionnaires.

\textbf{Conclusions:}
The examined biomechanical therapy led to a significant reduction in pain and improvement in function, quality of life, and gait patterns. These findings support previous findings and deepen the understanding of this new noninvasive biomechanical therapy in patients with knee OA.

\textbf{Key Words}
knee, osteoarthritis, gait, pain, biomechanical therapy

\textbf{INTRODUCTION}

Osteoarthritis (OA) is the most prevalent form of arthritis.\textsuperscript{1,2} More than one third of elderly Americans over the age of 70 years have some degree of radiographic findings indicating knee OA,\textsuperscript{1,2} and approximately 10-12\% of adults have symptomatic OA.\textsuperscript{3} Rates of knee OA are 1.7 times higher in women than in men\textsuperscript{4} and positively correlate with obesity.\textsuperscript{7} Common symptoms include pain, joint stiffness, tenderness, deformity, and muscle weakness. These symptoms may considerably alter a patient's function and quality of life.\textsuperscript{4,5} It is estimated that by the year 2020, the number of people with OA will have doubled because of the escalating prevalence of obesity and the aging of the baby boomer generation.\textsuperscript{7} One of the main goals of nonsurgical management of knee OA focuses on reducing knee pain and minimizing the accompanying functional limitation.

Patients with knee OA demonstrate pathologic gait patterns compared with healthy age-matched controls.\textsuperscript{8,9} Patients with knee OA tend to have a slower walking speed, shorter step length, and shorter single-limb support (SLS).\textsuperscript{8,10} In addition, patients with knee OA demonstrate elevated knee adduction moment (KAM) values compared with matched controls.\textsuperscript{11,12} The KAM is a primary biomechanical factor in knee OA. It tends to adduct the tibiofemoral joint, providing a major contribution to the elevated medial compartment loads. Subsequently, KAM was found to correlate with the progression of knee OA.\textsuperscript{13} One of the reasons for the altered gait patterns of these patients is impaired neuromuscular control.\textsuperscript{14,15} This impaired neuromuscular control affects the coordinated activity of the muscles surrounding the knee and its dynamic joint.
Effects of a customized biomechanical therapy on patients with medial compartment knee osteoarthritis

Effets d’une thérapeutique biomécanique sur des patients atteints de gonarthrose du compartiment fémorotibial interne

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Abstract

Objective. – Previous studies have shown that a customized biomechanical therapy can improve symptoms of knee osteoarthritis. These studies were small and did not compare the improvements across gender, age, BMI or initial severity of knee osteoarthritis. The purpose of this study was to evaluate the effect of new biomechanical therapy on the pain, function and quality of life of patients with medial compartment knee osteoarthritis.

Methods. – Six hundred and fifty-four patients with medial compartment knee osteoarthritis were examined before and after 12 weeks of a personalized biomechanical therapy (AposTherapy). Patients were evaluated using the Western Ontario and McMaster Osteoarthritis (WOMAC) Index and SF-36 Health Survey.

Results. – After 12 weeks of treatment, the WOMAC-pain and WOMAC-function subscales were significantly lower compared to baseline (both \( P \leq 0.001 \)). All eight categories of the SF-36 health survey significantly improved after treatment (all \( P \leq 0.001 \)). Females and younger patients showed greater improvements with therapy.

Conclusions. – Twelve weeks of a customized biomechanical therapy (AposTherapy) improved symptoms of patients with medial compartment knee osteoarthritis. We recommend that this therapy will be integrated in the management of knee osteoarthritis.

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Keywords: Knee; Osteoarthritis; Gait; Pain; AposTherapy

Résumé

Objectifs. – Des études ont montré qu’une thérapie biomécanique adaptée pouvait améliorer les symptômes de la gonarthrose. À ce jour, toutes les études publiées sur cette nouvelle thérapeutique concernaient des petits échantillons de patients et ne comparaient pas les améliorations en fonction de l’âge, sexe, IMC ou la sévérité initiale de la gonarthrose. Le but de cette étude était d’évaluer l’impact de cette nouvelle thérapie biomécanique sur la douleur, capacité fonctionnelle et qualité de vie des patients avec une gonarthrose du compartiment fémorotibial interne.

Méthodes. – Six cent cinquante-quatre patients avec une gonarthrose du compartiment fémorotibial interne étaient suivis avant et après 12 semaines d’un programme thérapeutique biomécanique spécifique (AposTherapy). Les patients étaient évalués avec l’index Western Ontario and McMaster Osteoarthritis (WOMAC) et le questionnaire généraliste de santé SF-36.

Résultats. – Après 12 semaines de traitement, les scores du WOMAC-douleur et du WOMAC-capacité avaient diminué de façon significative en comparaison avec les données initiales (les deux \( p \leq 0.001 \)). Les huit catégories du SF-36 étaient considérablement améliorées après traitement (toutes \( p \leq 0.001 \)). Les femmes et les patients jeunes ont montré un niveau d’amélioration plus important après le traitement.

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Research Article

Long-Term Effects of AposTherapy in Patients with Osteoarthritis of the Knee: A Two-Year Followup

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1. Introduction

Knee osteoarthritis (OA) is one of the leading causes of disability in the elderly [1]. Currently, there is no cure for knee OA, and therefore, the primary goal of treatment is to reduce pain and improve function [2]. In recent years, there has been growing evidence on the importance of biomechanical factors in knee OA. Several biomechanical treatments for knee OA have emerged with the goal of reducing pain and improving function. These treatments aim to unload the diseased articular surface by using wedged insoles, foot orthoses, or valgus braces [3–5]. Other treatments have instead aimed to modify neuromuscular patterns, with a specific goal of improving gait patterns.

The knee adduction moment (KAM) is an important parameter of gait that has been examined in recent years. A varus alignment of the femur and tibia compresses the medial compartment of the knee [6]. KAM results from the medially directed vector of the ground reaction force (GRF) relative to the knee during the stance phase of gait, which creates greater compressive loads on the medial compartment relative to the lateral compartment [7, 8]. Patients with knee OA have a higher KAM relative to the normal population, which is believed to drive the rapid progression of the disease [9, 10].

By improving gait patterns, such as KAM, researchers have hoped to achieve a transition from the pathological gait patterns that characterize knee OA gait to coordinated motor patterns that characterize knee OA gait to coordinated motor responses [11]. This would require patients to undergo a process of motor learning. In order to meet the requirements for motor learning, these methods must incorporate challenges for the motor system in a graded and controlled fashion, with multiple repetitions within a functional context [12]. For
Reduction in knee adduction moment via non-invasive biomechanical training: A longitudinal gait analysis study

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Abstract

Biomechanical non-invasive interventions have been previously reported to reduce pain and facilitate superior levels of function in patients with medial knee osteoarthritis (OA). One such treatment is the AposTherapy, a customized program utilizing a foot-worn biomechanical device allowing center of pressure modification and continuous perturbation during gait. The influence of this intervention on objective gait metrics has yet to be determined. The aim of the current study was to prospectively examine changes in kinetic and kinematic parameters in patients enrolled in this treatment program. Twenty-five females with symptomatic bilateral medial compartment knee OA were enrolled in the customized daily treatment program. All patients underwent barefoot gait analysis testing and completed subjective questionnaires prior to treatment initiation and on two follow-up visits. Significantly reduced knee adduction moment (KAM) magnitude was noted during barefoot walking after three and nine months of treatment. On average, the knee adduction impulse and the 1st and 2nd KAM peaks were reduced by 13%, 8.4%, and 12.7%, respectively. Furthermore, moment reduction was accompanied by elevated walking velocity, significant pain reduction, and increased functional activity. In addition to symptomatic improvement, our results suggest that this treatment program can alter kinetic gait parameters in this population. We speculate that these adaptations account for the symptomatic and functional improvement reported for this intervention.

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1. Introduction

Osteoarthritis (OA) is a complex disorder of the hyaline joints, characterized by wear, softening, and thinning of the articular cartilage and diminished compliance of the sub-chondral bone (Bijlsma et al., 2011; Felson and Zhang, 1998; Iannone and Lapadula, 2003). The knee is the most prevalent weight-bearing joint prone to the development of this destructive process, with the medial compartment affected nearly 10 times more often than the lateral compartment (Oliveria et al., 1995). Vast evidence supports the role of biomechanical factors in the pathophysiology of this disease (Radin et al., 1991). Abnormal joint loads have been related to the development and progression of the arthritic process (Radin et al., 1991; Roemhildt et al., 2010).

Abnormally high knee abduction moments (KAM) have been described in association with medial knee OA (Andriacchi, 1994; Sharma et al., 1998). Elevated KAM has been linked with the progression of knee OA (Miyazaki et al., 2002), and has been recognized as a marker of disease severity (Hurwitz et al., 2002; Sharma et al., 1998).

Gait deviations have been reported in individuals suffering from knee OA (Baliunas et al., 2002; Debi et al., 2010; Elbaz et al., 2010; Gok et al., 2002; Hurwitz et al., 2000) and are thought to represent a compensatory protective mechanism intended to reduce stress and range of motion about the injured joint (Debi et al., 2009). With disease progression, altered morphological joint properties diminish the effectiveness of these mechanisms. Moreover, substantial evidence suggests that impairment of the neuromuscular control system and proprioceptive deficits are present in subjects suffering from knee OA and contribute to the load burden by altering joint biomechanics (Hortobagyi et al., 2005; Hurley, 2003; Johansson et al., 2000; Lewek et al., 2005). Several authors stressed the role of these contributions to the pathogenesis of the disease, suggesting that they convey elevated joint stress with higher impact loads and facilitate the development of cartilage degeneration (Sharma et al., 2003; Slomenda et al., 1998).

Biomechanical interventions focusing on foot center of pressure (COP) manipulation, agility, and perturbation training have been suggested for the treatment of knee OA (Bar-Ziv et al., 2010;
A treatment applying a biomechanical device to the feet of patients with knee osteoarthritis results in reduced pain and improved function: a prospective controlled study

Yaron Bar-Ziv†, Yiftah Beer†, Yuval Ran†,†, Shaike Benedict†, Nahum Halperin†

Background: Osteoarthritis (OA) is a major cause of disability in the older population [1], affecting nearly 21 million individuals in the United States alone [2]. Currently there is no cure for OA and treatment is focused on reducing pain and improving function [3].

There is a growing awareness of the importance of biomechanical factors in the pathogenesis and progression of knee osteoarthritis [4-6]. Studies have demonstrated a clinical association between loads, such as lifelong physical work [7], competitive sports [8,9], and obesity [10], and the formation and progression of osteoarthritis [11]. These factors, together with the morphological changes in the musculoskeletal system that occur with age, affect the osteochondral structures [12-15] and neuromuscular control [16]. Neuromuscular control plays a significant part in determining the function and stability of the synovial joint [17] and in mediating the biomechanical structure of articular cartilage [18]. Impairment of the neuromuscular control system contributes to the pathogenesis of osteoarthritis by altering joint biomechanics and causing increased cartilage damage [19,20].

Two main types of non-surgical biomechanical interventions are available for reducing pain and improving function in patients with knee osteoarthritis. The logic behind the first type of intervention is unloading the diseased articular surface by means of wedge insoles,
Patients with knee osteoarthritis demonstrate improved gait pattern and reduced pain following a non-invasive biomechanical therapy: a prospective multi-centre study on Singaporean population

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Abstract

Background: Previous studies have shown the effect of a unique therapy with a non-invasive biomechanical foot-worn device (AposTherapy) on Caucasian western population suffering from knee osteoarthritis. The purpose of the current study was to evaluate the effect of this therapy on the level of symptoms and gait patterns in a multi-ethnic Singaporean population suffering from knee osteoarthritis.

Methods: Fifty-eight patients with bilateral medial compartment knee osteoarthritis participated in the study. All patients underwent a computerized gait test and completed two self-assessment questionnaires (WOMAC and SF-36). The biomechanical device was calibrated to each patient, and therapy commenced. Changes in gait patterns and self-assessment questionnaires were reassessed after 3 and 6 months of therapy.

Results: A significant improvement was seen in all of the gait parameters following 6 months of therapy. Specifically, gait velocity increased by 15.9%, step length increased by 10.3%, stance phase decreased by 5.9% and single limb support phase increased by 2.7%. In addition, pain, stiffness and functional limitation significantly decreased by 68.3%, 66.7% and 75.6%, respectively. SF-36 physical score and mental score also increased significantly following 6 months of therapy (46.1% and 22.4%, respectively) (P < 0.05 for all parameters).

Conclusions: Singaporean population with medial compartment knee osteoarthritis demonstrated improved gait patterns, reported alleviation in symptoms and improved function and quality of life following 6 months of therapy with a unique biomechanical device.

Trial registration: Registration number NCT01562652.

Keywords: Knee, Osteoarthritis, Gait, Pain, Biomechanical device

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Alterations in Sagittal Plane Knee Kinetics in Knee Osteoarthritis Using a Biomechanical Therapy Device

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Associate Editor Amit Gefen oversaw the review of this article.

Abstract—Knee frontal (adduction/abduction) and sagittal (flexion/extension) moments have been implicated in the pathomechanics of knee osteoarthritis (OA). The aim of this study was to evaluate the change in the knee sagittal moment in a cohort of patients with knee OA undergoing a biomechanical training program. Twenty-five female patients with symptomatic medial compartment knee OA were enrolled in a customized biomechanical intervention program. All patients underwent consecutive gait analyses prior to treatment initiation, and after 3 months and 9 months of therapy. Self-evaluative questionnaires, spatio-temporal gait parameters, peak knee sagittal moments, knee sagittal impulses, and duration of knee moments were compared throughout the duration of therapy. Differences between baseline and follow-up values were examined using nonparametric tests. Peak knee flexion moment (KFM) at loading response decreased significantly with therapy ($p = 0.001$). Duration of KFM and impulse of knee flexion also decreased significantly ($p = 0.024$ and $p = 0.029$, respectively). These changes were accompanied by increased walking velocity, significant pain reduction, and increased functional activity. Post-training kinetic evaluation demonstrated profound alterations of knee sagittal moments at the loading response KFM. We speculate that knee sagittal moments can potentially be improved in patients with knee OA over time with a biomechanical training program.

Keywords—Kinetics, Moment, Flexion, Extension, Gait, Pain, Stiffness, Function.

INTRODUCTION

The role of biomechanics in the pathogenesis of knee osteoarthritis (OA) has been examined extensively.1,19 Multiple studies have suggested that abnormal gait patterns may contribute to the disease progression.1,19 Knee OA patients walk with a slower velocity, greater double-limb support, reduced stride length, and decreased range of motion in all the lower limb joints.1,2,11 Bejek et al.4 analyzed the effect of gait speed on gait parameters in patients with OA and set a standard walking speed for gait analysis. They reported that 15 gait parameters (cadence, step length, walking base, time of swing phase and double support phase, motion of hip joint, motion of pelvis rotation, motion range of pelvis obliquity, maximal value and motion range of pelvis flexion) were significantly influenced by walking speed in patients with knee OA, and that the gait speed of 2.00 km/h was the highest gait speed suitable for all patients without pain and loss of coordination. In addition, they compared the gait patterns of patients with OA to healthy individuals. In comparison to healthy individuals, lower limb joint OA was compensated for in part by the pelvis and other joints in the lower limb.4,5

With the advent of complex gait motion-analysis systems, researchers also examined the kinematic and kinetic gait changes in knee OA. Locomotion is generated through a balance of internal and external forces and moments acting on the lower limbs. Internal forces are comprised of both structural elements (bones, ligaments, cartilage, and more) and muscles and tendons that are attached to the structural elements. The external forces result mostly from the ground reaction force (GRF). These internal and external forces create moments acting on the joint. Each magnitude of each moment is determined by the magnitude of the force and its sagittal distance from the center of rotation of the knee joint.31 The external moments are generated by the displacement of the
A novel self-care biomechanical treatment for obese patients with knee osteoarthritis

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Abstract

Aim: To examine the effect of a novel biomechanical, home-based, gait training device on gait patterns of obese individuals with knee OA.

Methods: This was a retrospective analysis of 105 (32 males, 73 females) obese (body mass index > 30 kg/m²) subjects with knee OA who completed a 12-month program using a biomechanical gait training device and performing specified exercises. They underwent a computerized gait test to characterize spatiotemporal parameters, and completed the Western Ontario and McMaster Osteoarthritis Index (WOMAC) questionnaire and Short Form-36 (SF-36) Health Survey. They were then fitted with biomechanical gait training devices and began a home-based exercise program. Gait patterns and clinical symptoms were assessed after 3 and 12 months of therapy.

Results: Each gait parameter improved significantly at 3 months and more so at 12 months (P = 0.03 overall). Gait velocity increased by 11.8% and by 16.1%, respectively. Single limb support of the more symptomatic knee increased by 2.5% and by 3.6%, respectively. There was a significant reduction in pain, stiffness and functional limitation at 3 months (P < 0.001 for each) that further improved at 12 months. Pain decreased by 34.7% and by 45.7%, respectively. Functional limitation decreased by 35.0% and by 44.7%, respectively. Both the Physical and Mental Scales of the SF-36 increased significantly (P < 0.001) at 3 months and more so following 12 months.

Conclusions: Obese subjects with knee OA who complied with a home-based exercise program using a biomechanical gait training device demonstrated a significant improvement in gait patterns and clinical symptoms after 3 months, followed by an additional improvement after 12 months.

Key words: biomechanical device, function, gait, knee osteoarthritis, pain.

INTRODUCTION

Knee osteoarthritis (OA) is a common disease caused by multiple factors. It is well established that obesity is strongly linked to knee OA and is considered a risk factor for both incidence and progression.1,2 Obese people (body mass index [BMI] > 30 kg/m²) are at a 4.2–6.8 times higher risk of developing knee OA than matched normal weight controls.3,4 Ettinger et al. examined the effects of comorbid diseases on disability and found that knee OA and obesity were each significantly associated with poorer physical function, with odds ratios of 4.3 and 1.7, respectively. When obesity was combined with knee OA, the odds ratio increased to 9.8.4
APOS therapy improves clinical measurements and gait in patients with knee osteoarthritis

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ABSTRACT

Background: The purpose of the study was to investigate the changes in gait patterns and clinical measurements following treatment with a novel biomechanical device on patients with knee osteoarthritis.

Methods: Forty-six patients with bilateral knee osteoarthritis were analyzed. Patients completed a gait test, Western Ontario and McMaster Osteoarthritis Index (WOMAC) questionnaire and SF-36 Health Survey at baseline and after 12 weeks. The biomechanical device was individually calibrated to each patient at baseline to allow training under reduced pain.

Findings: Gait velocity, step length and single limb support improved significantly and toe out angle decreased significantly (10%, 6%, 1% and 2%, respectively). WOMAC-Pain and WOMAC-Function significantly decreased (26% and 34%, respectively), and SF-36 score significantly increased following the 12 weeks of treatment.

Interpretation: Our results suggest an overall improvement in the gait patterns, level of pain and level of function of patients with knee osteoarthritis following 12 weeks of treatment with the novel biomechanical device.


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1. Introduction

Osteoarthritis (OA) is the most prevalent form of arthritis in the elderly. It is estimated that 7% of men and 11% of women over the age of 65 have knee OA (Felson et al., 1987). Common symptoms include joint stiffness, tenderness, crepitus, joint enlargement, deformity, muscle weakness, limited motion, and impaired proprioception. The most significant symptoms of the disease are pain and functional disability (Katz, 2001; Felson and Zhang, 1998). Today, the management of knee OA focuses on reducing the levels of pain and functional limitation.

The main focus in the conservative, non-pharmacological management of these symptoms has been the lower limb musculature. Researchers believe that the muscles surrounding the knees may act as a potential protective mechanism of reducing loads and compressive forces on soft tissues and weight-bearing joints (Bennell et al., 2008). A common aspect of knee OA is poor muscle function with muscle weakness (Messier et al., 1992). Muscle weakness has been identified as a potential risk factor for the development and progression of knee OA and is a widely accepted impairment in knee OA (Slemenda et al., 1997). The decrease in muscle strength causes the external load to be carried out by the knee joint (Slemenda et al., 1997). A specific aspect of muscle function that has been focused on in recent years is proprioception and neuromuscular control. Proprioceptive afferent information is essential to the coordinated activity of the muscles surrounding the knee and to the dynamic joint stability (Johansson et al., 2000). Studies have established that patients with knee OA demonstrate deficits in knee joint proprioception compared to healthy age-matched individuals (Koralewicz and Engh, 2000). This proprioceptive deficit contributes to functional instability that can ultimately lead to further microtrauma and re-injury (Lephart et al., 1997).

Studies have shown that specially designed functional knee braces can decrease pain and improve measures of function in patients with varus knee OA (Hewett et al., 1998; Lindenfeld et al., 1997). They can also improve proprioception and postural control (Birmingham et al., 2001), however, there is no evidence of new motor learning post use. Haim et al. have recently investigated a novel therapy using a foot-worn biomechanical device (Haim et al., 2008). The therapy includes daily exercise with the device, according to an exercise program that is carried out in the patient’s own environment (i.e. home/work). This device is a foot-worn platform with two adjustable convex rubber
The outcome of a novel biomechanical therapy for patients suffering from anterior knee pain

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1. Introduction

Anterior knee pain (AKP) is a common musculoskeletal disorder affecting 25–36% of the general population with an impact on many aspects of daily life [1–3]. It has been reported to be the most common cause of knee pain in adolescents [4–6], to be more common in females than males [7,8], and to be the most common injury in runners [1]. AKP was reported as the cause of up to 40% of all visits to physiotherapy clinics as a result of knee pain [6,9] and often becomes chronic, with 36% of the general population with an impact on many aspects of daily life [1–3]. It has been reported to be the most common cause of knee pain in adolescents [4–6], to be more common in females than males [7,8], and to be the most common injury in runners [1]. AKP was reported as the cause of up to 40% of all visits to physiotherapy clinics as a result of knee pain [6,9] and often becomes chronic, with 94% of patients continuing to experience pain up to 4 years after initial presentation and 25% reporting significant symptoms up to 20 years later [10].

Presently, no consensuses exist regarding classification and nomenclature of AKP [11,12]. Several clinical conditions have been described in association with AKP [13]. The terms “patello-femoral pain syndrome” and “chondromalacia patella” which were historically utilized for subjects complaining of AKP in whom no other diagnosis could be made, have been disputed due to inconsistencies in diagnostic criteria [11,12]. The pathomechanics of AKP is multifactorial and partially unknown. Most investigators agree that the etiology of AKP in some patients arises from the retropatellar or peripatellar region and is partly related to faulty lower limb mechanics and poor neuromuscular control.

The study of gait in this population contributes to the understanding of the pathomechanics of this pathology and is important for developing new treatment strategies. In addition, defining variations in gait of these patients can offer objective clinical data for assessment of disease progression and outcomes of treatment modalities. Alterations in knee kinetics and kinematics were previously reported in association with AKP: subjects with AKP were found to display a reduced knee extensor moment during the loading response phase (LR) of the stance [14,15], and a reduced peak vertical ground reaction force (GRF) [16]. Reduced knee flexion during LR has been reported in some studies [16,17], but not in others [18,19]. Furthermore, changes were also noted in spatio-temporal parameters [20].

Methods: A retrospective analysis of 48 patients suffering from AKP was performed. Patients underwent a gait evaluation, using an electronic walkway mat, and completed the SF-36 health survey and the WOMAC questionnaire at baseline and after 3 and 6 months of therapy. A special biomechanical device was individually calibrated for each patient. AposTherapy is a functional, non-invasive rehabilitation therapy consisting of a biomechanical foot-worn device that is used during activities of daily living. Repeated measures analyses were performed to compare gait parameters and self-evaluation questionnaires between baseline, 3 months and 6 months.

Results: Walking velocity significantly increased by 5.7 cm/s, cadence increased by 1.6 steps/minute, and stride length increased by 3.4 cm in relation to pretreatment testing (P < 0.001 for all). End-point evaluation revealed additional improvement of these parameters; however these did not significantly differ from that of mid-treatment. Pain decreased by 36.6% and 49.2% following 13 and 26 weeks of treatment, respectively (P < 0.001) and function improved by 25.2% and 41.7% following 13 and 26 weeks of treatment, respectively (P < 0.01).

Conclusions: Based on the current study’s results it may be concluded that this therapy might have a positive effect for patients with AKP.

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A unique foot-worn device for patients with degenerative meniscal tear

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Abstract

Purpose The purpose of the current study was to assess the effects of a new foot-worn device on the gait, physical function and pain in patients suffering from knee osteoarthritis (OA) who had a low-impact injury to the medial meniscus causing a degenerative meniscal tear.

Methods A retrospective analysis of 34 patients with knee OA and a degenerative medial meniscal tear was performed. Patients underwent a gait evaluation, using an electronic walkway mat, and completed the SF-36 health survey and the WOMAC questionnaire at baseline and after 3 and 12 months of therapy. AposTherapy is a functional, biomechanical, non-invasive rehabilitation therapy consisting of a foot-worn device that is individually calibrated to each patient and is used during activities of daily living. Repeated-measures analyses were performed to compare gait parameters and self-evaluation questionnaires between baseline, and 3 and 12 months.

Results Significant improvements were found in gait velocity, step length and single-limb support of the involved knee following 12 weeks of therapy (all \( p < 0.01 \)), alongside an improvement in limb symmetry. These results were maintained at the 12-month follow-up examination. Significant improvements were also found in all three domains of the WOMAC index (pain, stiffness and physical function) and in the SF-36 Physical Health Scale and the SF-36 Mental Health Scale (all \( p < 0.01 \)).

Conclusions Patients with knee OA and a degenerative medial meniscal tear using a biomechanical foot-worn device for a year showed improvement in gait, physical function and pain. Based on the findings of this study, it can be postulated that this biomechanical device might have a positive effect on this population.

Level of evidence Therapeutic study, Level IV.

Keywords Gait · Meniscal tear · Physical function · Pain · Osteoarthritis

Introduction

Meniscal tears are the leading cause of knee injury [34]. In the United States, 60% of people over the age of 65 diagnosed with knee osteoarthritis (OA) suffer from chronic meniscal damage [13]. Meniscal tears have serious consequences as patients suffer from significant pain and a profound decline in their quality of life and physical function [34].

A variety of therapies exist to treat meniscal tears, ranging from pharmaceutical treatment [38] to physical therapy [15, 24] to surgery [2, 22, 30]. The most common invasive therapy has traditionally been meniscectomy [16], though the procedure has been reported to not halt the progression of cartilage destruction and premature OA [6, 29, 31], and it has even been suggested that the procedure may accelerate the development of OA [34–36]. Alongside this, Englund et al.
A noninvasive biomechanical treatment as an additional tool in the rehabilitation of an acute anterior cruciate ligament tear: A case report

Avi Elbaz¹, Marc S Cohen¹, Eytan M Debbi¹, Udi Rath², Amit Mor¹, Guy Morag², Yiftah Beer³, Ganit Segal¹ and Ronen Debi⁴

Abstract
Objectives: Conservative treatments for anterior cruciate ligament (ACL) tears may have just as good an outcome as invasive treatments. These include muscle strengthening and neuromuscular proprioceptive exercises to improve joint stability and restore motion to the knee. The Purpose of the current work presents was to examine the feasibility of a novel non-invasive biomechanical treatment to improve the rehabilitation process following an ACL tear. This is a single case report that presents the effect of this therapy in a patient with a complete ACL rupture who chose not to undergo reconstructive surgery.

Methods: A 29-year old female athlete with an acute indirect injury to the knee who chose not to undergo surgery was monitored. Two days after injury the patient began AposTherapy. A unique biomechanical device was specially calibrated to the patient’s feet. The therapy program was initiated, which included carrying out her daily routine while wearing the device. The subject underwent a gait analysis at baseline and follow-up gait analyses at weeks 1, 2, 4, 8, 12 and 26.

Results: A severe abnormal gait was seen immediately after injury, including a substantial decrease in gait velocity, step length and single limb support. In addition, limb symmetry was substantially compromised following the injury. After 4 weeks of treatment, patient had returned to normal gait values and limbs asymmetry reached the normal range.

Conclusions: The results of this case report suggest that this conservative biomechanical therapy may have helped this patient in her rehabilitation process. Further research is needed in order to determine the effect of this therapy for patients post ACL injuries.

Keywords
Anterior cruciate ligament tear, biomechanical therapy, proprioception

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Introduction

Presently, the most common treatment for anterior cruciate ligament (ACL) injuries in young patients is focused on surgical repair with rehabilitation. There is, however, growing evidence that conservative treatments may have just as good an outcome as invasive treatments. A recently published study by Frobell et al.¹ showed that patients treated immediately with reconstructive surgery did not fare better than those that had rehabilitation treatment with delayed reconstruction or no reconstruction.

Guidelines for the conservative treatments for patients with ACL tears focus on muscle-strengthening and neuromuscular proprioceptive exercises to improve joint stability and restore motion to the knee.² AposTherapy is a relatively new noninvasive therapy currently used for a wide range of musculoskeletal disorders. This device allows for precise adjustment of the center of pressure (COP) of a patient’s foot.

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New approach for the rehabilitation of patients following total knee arthroplasty

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ABSTRACT
Purpose: To investigate the effect of a biomechanical therapy on gait, function and clinical condition in patients following total knee arthroplasty (TKA).
Methods: Seventeen TKA patients participated in the study. Patients received a biomechanical therapy AposTherapy. Patients underwent a gait test, clinical examination and an assessment of pain, function and quality of life (QOL). Patients were examined again at one, three and six month follow-ups.
Results: A significant improvement over time was found in most gait measurements. Significant improvements were also found in pain, function and QOL.
Conclusions: The examined biomechanical therapy may help in the rehabilitation process following TKA.

1. Introduction

Total knee arthroplasty (TKA) is the most common treatment for end-stage knee osteoarthritis (KOA). TKA has revolutionized the care of patients with KOA and the number of performed surgeries has dramatically increased over the past decade. With the rise in life expectancy, projected increases in the incidence of KOA and TKA surgery will place an enormous burden on the healthcare system. A study based on the National Hospital Discharge Survey (1996–1999), predicts that in 2030 there will be over 474,000 TKA procedures performed in the U.S. alone.1

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Total knee arthroplasty (TKA) reduces arthritic knee pain and provides most patients with adequate knee range of motion (ROM). TKA also typically diminishes limitations in patient activities. Improvements in these parameters is gradual and may take up to 1 year. Patients exhibit marked impairments in voluntary activation of quadriceps strength and in functional performance (e.g., walking and stair climbing) during the early postoperative period after TKA, most probably due to the surgical insult. Most patients are expected to recover to their preoperative functional activity level within 1 year. However, impairments in strength and function may remain below a healthy age-matched population for years after TKA.

Bourne et al. found that 19% of patients were dissatisfied after TKA. Many factors can contribute to a potentially suboptimal outcome after TKA, including patient characteristics, surgical technique, and postoperative factors. Patient-related factors include restricted preoperative ROM and underlying etiology, e.g., rheumatoid arthritis, morbid obesity, multitude of co-morbidities, sex,
A non-invasive biomechanical device and treatment for patients following total hip arthroplasty: results of a 6-month pilot investigation

Ganit Segal¹, Yaron Bar-Ziv², Steven Velkes³, Vadim Benkovich⁴, Gilad Stanger¹, Eytan M Debbi¹, Ronen Debi⁵*, Amit Mor¹ and Avi Elbaz¹

Abstract

Background: The purpose of the study was to examine the effect of a foot-worn biomechanical device on the clinical measurements and gait patterns of patients with total hip arthroplasty (THA).

Methods: Nineteen patients, up to 3 months post-THA, were enrolled to the study. Patients underwent a computerized gait analysis to calculate spatiotemporal parameters and completed the Western Ontario and McMaster Universities osteoarthritis index and the SF-36 health survey. Patients then began therapy with a non-invasive foot-worn biomechanical device coupled with a treatment methodology (AposTherapy). Patients received exercise guidelines and used the device daily during their regular activities at their own environment. Follow-up examinations were conducted after 4, 12, and 26 weeks of therapy. Repeated measures ANOVA was used to evaluate changes over time. The clinical significance of the treatment effect was evaluated by computing the Cohen's effect sizes (ES statistic).

Results: After 26 weeks of therapy, a significant improvement was seen in gait velocity (50.3%), involved step length (22.9%), and involved single limb support (16.5%). Additionally, a significant reduction in pain (85.4%) and improvement in function (81.1%) and quality of life (52.1%) were noted.

Conclusions: Patients following THA demonstrated a significant improvement in gait parameters and in self-assessment evaluations of pain, function, and quality of life. We recommend further RCTs to examine the effect of this therapy compared to other rehabilitation modalities following THA and compared to healthy matched controls.

Trial registration: Clinical trial registration number NCT01266382

Keywords: Biomechanical therapy, Gait, Pain, Function

Background

Total hip arthroplasty (THA) is known to be a successful joint replacement procedure given that most patients experience significant pain alleviation, as well as an improvement in their health-related quality of life mostly during the first postoperative year and beyond [1,2]. The literature reveals, however, that despite these postoperative improvements, in some patients, the level of pain and the quality of life following THA do not reach those of the general population [1-3], nor does their gait pattern return to normal [4-6].

Gait analysis is a useful tool in the evaluation of locomotor function after THA [7]. Several studies have shown that joint motion does not return to normal after 6 months and in some cases up to years postoperatively [4,5,8]. This atypical joint motion includes additional stress being placed on the unaffected leg that may eventually lead to the development of osteoarthritis (OA) in the contralateral limb [6,9-11] and other joint disorders, some of which may even require a second arthroplasty...
A Non-Invasive Foot-Worn Biomechanical Device for Patients with Hip Osteoarthritis

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Abstract

Objective: The purpose of this study was to evaluate the effect of a biomechanical therapy on the pain, function, quality of life and spatio-temporal gait patterns of patients with hip osteoarthritis (OA).

Design: 60 patients with hip OA were examined before and after twelve weeks of a personalized biomechanical therapy (AposTherapy). Patients were evaluated using the WOMAC questionnaire for pain and function and the SF-36 Health Survey for quality of life, and underwent a computerized gait test.

Results: After twelve weeks of treatment, a significant improvement was found in the patients’ velocity, step length and cadence (P ≤ 0.001). WOMAC-pain, stiffness and function subscales were significantly improved compared to baseline (P ≤ 0.001). SF-36 physical score subscale improved significantly (P=0.007).

Conclusions: Patients with bilateral hip OA treated with AposTherapy for twelve weeks showed statistically and clinically significant improvements in pain, function and gait patterns.

Keywords: Osteoarthritis; Hip; Gait; Biomechanics; Pain; Quality of life

Introduction

Osteoarthritis (OA) is a major health concern in modern society, affecting 10% of men and 21% of women over age 65. The hip joint is the second most common lower limb site after the knee [1], with an estimated prevalence of 1% - 11% [2].

Several articles have described locomotor deviations typical of individuals suffering from hip OA. The spatio-temporal gait of this population is characterized by a lower walking speed, lower cadence, shorter step length and shorter single limb support phase of the involved leg [3-5]. It is likely that patients continuously adapt their gait in response to pain, deformity or laxity in the joints of the lower extremities as their disease progresses [6]. These gait adaptations may influence the motion of the lower back and other joints of the lower extremities [7]. A recent study by Shakoor et al. explained that unilateral end-stage hip (OA) can lead to degenerative changes and eventually end-stage knee OA in the contralateral limb. Moreover, the loading and structural asymmetries appear early in the disease course, while the knees are still asymptomatic [8].

Treatments for OA are typically directed at the management of symptoms, with a goal of pain relief and improved function. Several studies emphasize the importance of physical therapy and biomechanical intervention for patients with hip OA, claiming that such therapies should aim to restore or maintain gait patterns close to normal, as well as improve walking efficiency and quality of life (QoL) [9,10]. However, a recent meta-analysis from 2009, which reviewed more than 4,000 articles, concluded that there was insufficient evidence to suggest that exercise therapy was an effective short-term management approach for reducing pain levels, improving joint function and QoL [11]. A novel biomechanical device (Apos System, APOS—Medical and Sports Technologies Ltd.) was recently introduced as a non-invasive therapy for different musculoskeletal problems [12-15]. Haim et al. showed that by using this biomechanical intervention for symptomatic bilateral knee OA, walking velocity and functional activity were increased while knee adduction moment and pain were reduced [16]. The effect of this therapy has not been assessed in patients with hip OA, although it may be assumed that the same biomechanical principles apply.

The purpose of this current study was to examine the efficiency of this biomechanical therapy on the gait patterns and clinical symptoms in patients with hip OA. We hypothesize that patients who undergo this therapy will show improvement in gait patterns and function, as well as a relief in pain.

Methods

Participants

This was a retrospective study. The protocol was approved by the Institutional Helsinki Committee Registry (Registration number NCT00767780). A search for eligible data was performed through the research database of AposTherapy Center. Eligibility for the study was defined as follows: 1. Patients suffering from symptomatic hip OA for at least six months and who fulfilled the American College of Rheumatology clinical criteria for OA of the hip [17]; 2. Patients who completed a gait test, the Western Ontario and McMaster Osteoarthritis Index WOMAC [18] questionnaire and the Short Form SF-36 Health Survey [19] at the start of therapy (study baseline) and after twelve weeks of therapy. Exclusion criteria were: 1. Neurological and rheumatic inflammatory diseases; 2. Corticosteroid injection within 3 months of the study; 3. Earlier hip surgery excluding arthroscopy; 4. Joint replacement of the hip or knee; 5. Instability of the hip due to traumatic ligament injury; 6. OA in other lower extremity joints other

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A Novel Biomechanical Device Improves Gait Pattern in Patient With Chronic Nonspecific Low Back Pain

Avi Elbaz, MD,* Yigal Mirovsky, MD,† Amit Mor, MD,* Shavit Enosh, BPT,* Eytan Debbi, BA,* Ganit Segal, BEd,* Yair Barzilay, MD,‡ and Ronen Debi, MD†

Study Design. A retrospective study on patients with chronic nonspecific low back pain (NSLBP).

Objective. To describe the gait stride characteristics of patients with chronic NSLBP, and to examine the effect of a novel biomechanical device on the gait stride characteristics of these patients.

Summary of Background Data. Patient with NSLBP alters their gait patterns. This is considered a protective mechanism as patients try to avoid extensive hip and spine ranges of motion and minimize forces and moments acting on the body. In addition, there are changes in the neuromuscular control system in patients with LBP that could possibly be attributed to the effects of pain on motor control.

Methods. Nineteen patients underwent a gait test, using an electronic walkway, at baseline and after 12 weeks of treatment. Spatiotemporal parameters were used to identify changes in gait pattern. A novel biomechanical device comprised of 4 modular elements attached to foot-worn platforms was used in the study. The modules are 2 convex shaped biomechanical elements attached to each foot, one is located under the hindfoot region and the other is located under the forefoot region. The device was individually calibrated to each patient. The patients were instructed to walk with the calibrated biomechanical device on a daily basis for a period of 12 weeks.

Results. Significant differences were found at baseline and after 12 weeks in normalized velocity ($P < 0.03$), cadence ($P < 0.01$), left normalized step length ($P = 0.02$), right normalized step length ($P = 0.02$), right swing ($P < 0.01$), right stance ($P < 0.01$), left single limb support ($P = 0.01$), left double limb support ($P = 0.02$), and right double limb support ($P = 0.02$).

Conclusion. Patients with NSLBP treated with the novel biomechanical device for 3 months increased walking speed through longer step length and eliminated asymmetrical differences.

Key words: gait, nonspecific low back pain, core stability. Spine 2009;34:E507–E512

Low back pain (LBP) is one of the leading causes of disability in the adult population. It has an estimated lifetime incidence of 60% to 80%. Nonspecific low back pain (NSLBP) represents approximately 80% of these patients in which 7% to 10% of them have chronic NSLBP and account for 90% of the huge medical and related expenses.1–4

In recent years, the subject of core stability therapy has received considerable attention. Researchers have found that the activation of the transversus abdominis muscle, which normally precedes movement, is delayed in LBP, probably as a result of back pain.5–9 Some researchers currently believe that core stability rehabilitation training, through improvement of transversus abdominis contraction and timing, will help resolve the back pain of patients with NSLBP.5,7

The research paradigm in most core stability studies is to examine muscular activity whereas subjects perform rapid arm movements in various directions.5,6,10 These movements, however, do not reflect the daily functional activities of patients. Furthermore, Hodges et al reported that experimentally induced back pain not only causes a delay in the activation of the transversus abdominis muscle but also changes the activity of many other muscles acting on the spine.10 In fact, patients suffering from NSLBP have been shown to have decreased activity in their biceps brachii before and after an anticipated load,11 and have decreased balancing ability.12–13 In addition, studies have shown that patients with NSLBP differ from healthy subjects in their motor control of anticipated perturbation,14 in response to perturbations15 and in reaching tasks.16 These changes in neuromuscular control could possibly be attributed to the effects of pain on motor control10,12,17 or to changes in the central nervous system.11,18,19 Several studies have also shown that patients with low back pain (LBP) suffer from higher lumbar posteroanterior stiffness.20,21 Stiffness might, therefore, also explain the differences in motor control behavior between healthy individuals and patients with LBP. We, therefore, conclude from the above that rehabilitation of chronic NSLBP must address the wider perspectives of generalized neuromuscular control and not relate to a specific muscle or function. It is reasonable to assume that the changes in neuromuscular control in patients with NSLBP are manifested in other motor tasks, such as walking. Indeed, studies examining gait patterns of patients with NSLBP have shown that they increase the activity of their lumbar erector spinae and decrease the counter rotation between their pelvis, lumbar, and thoracic spine.22–24 Although there is extensive information on the kinematics and kinetics of pa-
Patients with chronic non-specific low back pain who reported reduction in pain and improvement in function also demonstrated an improvement in gait pattern

Yair Barzilay 1 • Ganit Segal 2 • Raphael Lotan 3 • Gilad Regev 4 • Yiftah Beer 5 • Baron S. Lonner 6 • Amit Mor 2 • Avi Elbaz 2

Abstract

Purpose To assess the changes in gait pattern and clinical symptoms of patients with chronic non-specific low back pain (CNSLBP) following a home-based biomechanical treatment (HBBT).

Methods This was a retrospective analysis of 60 CNSLBP patients. All patients underwent a gait evaluation and completed self-assessment questionnaires at pre-treatment and after 3 and 6 months of a HBBT (AposTherapy). Twenty-four healthy, aged-matched individuals served as a reference group.

Results Significant differences were found in all gait parameters and clinical symptoms between patients with CNSLBP and healthy people before treatment. Significant improvements were found in all gait parameters and clinical measures following 6 months of therapy including an increase in gait velocity (10.6 %), step length (5.6 %), cadence (5 %), and quality of life and a decrease in pain (13.3 %). There were no significant differences between groups in the gait parameters following 6 months of treatment.

Conclusions Significant differences exist between patients with CNSLBP and healthy controls in terms of gait pattern and self-assessed health status. The examined HBBT led to significant improvements in gait pattern, reduction in pain, improved function and increased quality of life. However, future studies should validate these results while comparing this treatment to other treatment modalities.

Keywords Gait • Non-specific low back pain • Biomechanical treatment • Physical function • Pain

Introduction

Low back pain (LBP) is a leading cause of office visits to physicians and accounts for a significant percentage of disability claims [1]. It has an estimated lifetime incidence of 60–80 %. Of LBP patients, 80 % were categorized as suffering from non-specific LBP (NSLBP), defined as pain not attributable to any recognizable pathology. Within this category, 7–10 % of patients proceeded to develop chronic NSLBP with profound effects on their quality of life and work productivity [2, 3].

Patients with NSLBP have a different gait pattern compared to matched controls. They demonstrate slower walking speed, shorter step length and asymmetrical step length [4]. These changes are considered a protective strategy, as patients try to avoid extensive hip and spine ranges of motion and minimize forces acting on the body [5–7] which may cause pain. In addition, earlier studies examining gait found that NSLBP patients with diminished

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3. Biomechanical Alignment and Perturbation

“Control of knee coronal plane moment via modulation of center of pressure: A prospective gait analysis study”

“The influence of sagittal center of pressure offset on gait kinematics and kinetics”

“Effect of Center of Pressure Modulation on Knee Adduction Moment in Medial Compartment Knee Osteoarthritis”

“Foot center of pressure trajectory alteration by biomechanical manipulation of shoe design”

“Detecting and quantifying global instability during a dynamic task using kinetic gait parameters”

“Reduction of frontal-plane hip joint reaction force via medio-lateral foot center of pressure manipulation: A pilot study”

“Alteration of the foot center of pressure trajectory by an unstable shoe design”

“Reduction of Hip Joint Reaction Force via Medio-Lateral Foot Center of Pressure Manipulation in Bilateral Hip Osteoarthritis Patients”
Control of knee coronal plane moment via modulation of center of pressure: A prospective gait analysis study

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A R T I C L E   I N F O

Article history:
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Keywords:
Center of pressure
Coronal kinetics of the knee
Footwear-generated biomechanical manipulations
Gait analysis
Knee adduction moment

A B S T R A C T

Objectives: Footwear-generated biomechanical manipulations (e.g., wedge insoles) have been shown to reduce the magnitude of adduction moment about the knee. The theory behind wedged insoles is that a more laterally shifted location of the center of pressure reduces the distance between the ground reaction force and the center of the knee joint, thereby reducing adduction moment during gait. However, the relationship between the center of pressure and the knee adduction moment has not been studied previously. The aim of this study was to examine the association between the location of the center of pressure and the relative magnitude of the knee adduction moment during gait in healthy men.

Methods: A novel foot-worn biomechanical device which allows controlled manipulation of the center of pressure location was utilized. Twelve healthy men underwent successive gait analysis testing in a controlled setting and with the device set to convey three different para-sagittal locations of the center of pressure: neutral, medial offset and lateral offset.

Results: The knee adduction moment during the stance phase significantly correlated with the shift of the center of pressure from the functional neutral sagittal axis in the coronal plane (i.e., from medial to lateral). The moment was reduced with the lateral sagittal axis configuration and augmented with the medial sagittal axis configuration.

Conclusions: The study results confirm the hypothesis of a direct correlation between the coronal location of the center of pressure and the magnitude of the knee adduction moment.

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1. Introduction

Approximately 60–80% of the load across the knee is transmitted to the medial compartment (Andriacchi, 1994; Prodromos et al., 1985). The relatively high-medial compartment load is due to the fact that the line of force acting at the foot passes medial to the knee joint center during gait (Johnson et al., 1980), generating an adduction moment which is proportional to the combination of the ground reaction force (GRF) and the perpendicular distance of this force from the center of the joint (Schipplein and Andriacchi, 1991). This moment tends to adduct the tibiofemoral joint, providing a major contribution to the elevated medial compartment load. It has been proposed that the adduction moment plays a key role in the pathogenesis of osteoarthritis (OA) of the knee through greater compression of the medial side of the joint and through induction of lateral joint laxity via chronic stretching (Goh et al., 1993). An abnormally high-knee adduction moment has been reported to be characteristic of the gait patterns in people with knee OA (Andriacchi, 1994). Likewise, knee adduction moment was found to be an important factor regulating bone size and mineral content in healthy and arthritic subjects (Hurwitz et al., 1998; Jackson et al., 2004; Wada et al., 2001).

Footwear-generated biomechanical manipulations (e.g., wedge insoles, foot orthoses) are commonly used in clinical practice to counter the effect of elevated adduction moments. These interventions utilize the principle that parts of the body act as a system of chained links (joint and motors), whereby the whole limb is regarded as one kinetic functioning unit, starting from the foot proximally through the body segments (Zajac et al., 2002). The application of a laterally wedged shoe insole was first introduced in the 1980s (Yasuda and Sasaki, 1987). Gait analysis studies in healthy subjects showed that, under dynamic conditions, wearing laterally wedged insoles reduced the magnitude of adduction...
The influence of sagittal center of pressure offset on gait kinematics and kinetics

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Keywords:
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Coronal kinetics of the knee
Footwear-generated biomechanical manipulations
Gait analysis
Knee flexion torque

A B S T R A C T

Objectives: Kinetic patterns of the lower extremity joints have been shown to be influenced by modification of the location of the center of pressure (CoP) of the foot. The accepted theory is that a shifted location of the CoP alters the distance between the ground reaction force and the center of the joint, thereby modifying torques during gait. Various footwear designs have been reported to significantly alter the magnitude of sagittal joint torques during gait. However, the relationship between the CoP and the kinetic patterns in the sagittal plane has not been examined. The aim of this study was to evaluate the association between the sagittal location of the CoP and gait patterns during gait in healthy men.

Methods: A foot-worn biomechanical device which allows controlled manipulation of the CoP location was utilized. Fourteen healthy men underwent successive gait analysis with the device set to convey three different sagittal locations of the CoP: neutral, anterior offset and posterior offset.

Results: CoP translation in the sagittal plane (i.e., from posterior to anterior) significantly related with an ankle dorsiflexion torque and a knee extension torque shift throughout the stance phase. Likewise, an anterior translation of the CoP significantly reduced the extension torque at the hip during pre-swing.

Conclusions: The study results confirm a direct correlation between sagittal offset of the CoP and the magnitude of joint torques throughout the lower extremity.

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1. Introduction

During the stance phase of the gait cycle, a force is applied to the ground which is coupled with a ground reaction force (GRF). The magnitude of the GRF is equal and its direction is opposite to the force the body exerts (Winter, 1984). Consequently, joint torques develop which are equivalent to the magnitude of the GRF and the perpendicular distance from the joint center to the force (Gronley and Perry, 1984; Winter, 1984). Theoretically, altering the instantaneous center of pressure (CoP) of the foot would influence the orientation of this force and the resulting joint torques and angles through the body segments.

This principle has been the focus of previous research which examined the utilization of footwear-derived biomechanical manipulation. Application of wedge insoles were found to shift the location of the CoP in the coronal plane, thereby altering joint torques from the foot proximally (Kakihana et al., 2005; Maly et al., 2002; Xu et al., 1999) and decreasing the load at the medial compartment of the knee joint in healthy and arthritic subjects (Crenshaw et al., 2000; Kakihana et al., 2005; Ogata et al., 1997; Yasuda and Sasaki, 1987). In a previous study (Haim et al., 2008), we examined the effect of controlled coronal plane CoP modulation at the foot. The magnitude of the knee adduction torque was found to significantly correlate with the coronal orientation of the CoP.

Several studies have investigated the effect of sagittal plane footwear modifications on kinematic and kinetic parameters of the lower extremities. Walking with different heel-height shoes has been reported to decrease stride length (de Lateur et al., 1991), to alter joint torques in the lower extremity (Snow and Williams, 1994), and to prolong midstance knee flexor torques during gait (Kerrigan et al., 2005). Missing-heel shoes were found to reduce walking speed and stride length, to increase cadence, and to considerably alter normal ankle joint function (Attinger-Benz et al., 1998). Gait analysis of negative heel rocker sole shoes showed an increase in cadence and a significant alteration of proximal joint metrics (Myers et al., 2006). Similarly, changes in CoP locus were reported with relation to rocker sole
The knee is the most prevalent weight-bearing joint prone to the development of osteoarthritis (OA).1 The medial compartment of the tibiofemoral joint is affected more often than the lateral compartment.2,3 Various biomechanical factors have been implicated to account for this unequal distribution. Vast evidence suggests that repetitive articular cartilage overloading plays a key role in the development and progression of OA.4 Loads transferred through the medial compartment are ~2.5 times greater than those transferred through the lateral compartment.5,6 The relatively high medial loads are due to the line of force during gait acting under the foot’s center of pressure (COP) passing medial to the knee joint center.7 This force generates an adduction moment about the knee proportional to the product of the magnitude of the ground reaction force (GRF) and the orthogonal distance between this force’s line of action and the joint center.8 The knee adduction moment (KAM) tends to adduct the tibiofemoral joint, providing a major contribution to the elevated medial compartment load. An abnormally high KAM is characteristic of gait in subjects with knee OA,9 has been linked with progression of knee OA,10 and is recognized as a marker of disease severity.9

Mundermann et al.11 examined KAM in patients with knee OA and matched healthy controls. In patients with severe OA, both the first peak (during midstance; MS) and the second peak (during terminal stance; TS) of the KAM were elevated, while in patients early in the course of the disease, the second peak was lower. Thorp et al.12 reported that in Kellgren–Lawrence (KL) grade II patients, the KAM and the knee adduction angular impulse were both significantly higher in symptomatic than in asymptomatic subjects. Several studies investigated the effect of foot-wear-generated biomechanical manipulations (e.g., wedge insoles and foot orthoses) to counter the effect of elevated KAM. These interventions are intended to convey a shift of the COP on the foot, thereby altering the orientation of the GRF vector and reducing the distance between the force and the center of the knee, hence reducing KAM.13 Using computer modeling simulation, Shelburne et al.14 reported that a 1 mm displacement of the COP can decrease KAM by 2%. In a recent study, an instrumented knee replacement was utilized to examine medial knee joint loading while walking with variable-stiffness shoes.15 This intervention reduced loading on the medial compartment. Moreover, the reduction in medial compressive force correlated with the external KAM. A beneficial effect of wearing a laterally wedged insole was reported in knee OA patients; medial- and lateral-wedged insoles increased and decreased lateral thrust at the knee during walking, respectively.16 Kakihana et al.17 reported a reduction in the KAM with the application of lateral wedged insoles. Similarly, Kerrigan et al.18 reported that the use of lateral wedged insoles reduced the KAM in patients with KL grades III and IV. On the other hand, Shimada et al.19 reported that wearing a laterally wedged insole significantly reduced the KAM during gait in patients with KL grades I and II, but not III and IV. However, a methodical examination of the association between the
Foot Center of Pressure Trajectory Alteration by Biomechanical Manipulation of Shoe Design

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Abstract

Background: Footwear-generated biomechanical manipulations have been shown to alter lower limb kinetics. It has been suggested that this is due to altered trajectory of the foot’s center of pressure (COP), conveying a shift in location of the ground reaction force and modifying moments and forces acting on proximal body segments. However, past studies have focused on qualitative association between footwear design and the COP locus. Moreover, this association was calculated via indirect analysis. The purpose of the present study was to directly examine and quantify the correlation between measured footwear biomechanical manipulation and the location of the COP trajectory during gait.

Methods: A novel biomechanical device allowing flexible positioning of 2 convex-shaped elements attached to its sole was utilized. A total of 20 healthy male adults underwent direct in-shoe pressure measurements while walking with the device set at 7 mediolateral configurations. COP data were collected during gait and analyzed with respect to different stance subphases.

Results: COP location significantly correlated with a shift of the elements medially or laterally. The linear model describing this correlation was found to be statistically significant.

Conclusion: There was significant correlation between the plantar orientation of the shoe device configuration and the COP.

Clinical Relevance: Changes in COP trajectory may be valuable in patients suffering from multiple foot disorders elevating pressure on the foot. Accurate COP control could aid in the manipulation of the forces acting on the proximal joints during gait. In addition, these findings may have implications in the field of biomechanical apparatus design and practice.

Keywords: foot center of pressure, gait, plantar pressures, wedge position
Detecting and quantifying global instability during a dynamic task using kinetic and kinematic gait parameters

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ABSTRACT

Objectives: Instability during gait can be identified in many different ways. Recent studies have suggested utilizing spatiotemporal parameters to detect instability during gait. Detecting instability using kinetic and kinematic gait parameters has not yet been examined fully. In addition, these studies have not yet identified measures that are capable of assessing the magnitude of instability. The objective of the present study was to identify kinetic and kinematic gait parameters that can best identify instability and quantify its magnitude.

Methods: Ten healthy men underwent successive gait analysis testing under three controlled settings: (1) Stage 0 instability (control setting), (2) Stage 1 instability and (3) Stage 2 instability. The levels of instability were precisely applied with the use of a controlled perturbation device (AposTherapy System). Differences between all stages and between stages were identified using Friedman and Wilcoxon tests.

Results: Stride-to-stride variability (STSV) in kinetic and kinematic measures increased significantly between stages 0 and 1 or between stages 0 and 2 for almost all parameters (all \( P < 0.05 \)). A significant increase between stage 0 and both stages 1 and 2 was found for knee flexion moment, knee varus moment, knee flexion angle and hip adduction angle. The increase between stages 1 and 2 was variable. Only the knee varus moment parameter showed a significant increase in STSV between stages 1 and 2 (\( P = 0.026 \)).

Conclusions: Almost all kinetic and kinematic gait parameters are sensitive to changes in global instability in a dynamic task. The most sensitive are parameters measured at the knee. Of these, STSV in knee varus moment can be used to quantify the magnitude of dynamic instability.

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1. Introduction

Instability during gait has received considerable focus over the last several years due to its association with falling. Falling is a common and dangerous problem in society. In the elderly, falling is particularly prevalent and can be incapacitating when it occurs (Voermans et al., 2007). Falling is only predicted to increase in the last several years due to its association with falling. Falling is a common and dangerous problem in society. In the elderly, falling is particularly prevalent and can be incapacitating when it occurs (Voermans et al., 2007). Falling is only predicted to increase in the last several years due to its association with aging, osteoarthritis (Arnold and Faulkner, 2007), Parkinson’s disease (Bloem et al., 2001; Factor et al., 2011; Plotnik et al., 2011), Huntington’s disease (Grimbergen et al., 2008), cerebral palsy (Tsirikos et al., 2003) and other neurological disorders.

Instability is classically defined according to the relationship between a person’s center of mass (COM) and base of support (BOS) (Winter, 1995). The further the COM is from the BOS, the more “unstable” the person (Winter, 1995). During gait, however, the situation becomes much more complex. During each gait cycle the location of the COM of the body follows a sinusoidal curve between both feet. The curve usually fits within the dynamic BOS created by footsteps during gait (Winter, 1995). For subjects who are unstable in gait, the COM curve creeps beyond the BOS defined by the feet until it reaches a maximum at which the patient is at risk for falling (Winter, 1995). Due to its complex manifestation in gait, stability in gait is often separated into local and global classifications (Dingwell et al., 2000). Local dynamic stability refers to the body’s ability to recover from small perturbations. It can be quantified using Lyapunov exponents (LyE) (Arellano et al., 2009). On the other hand, global dynamic stability refers to the body’s ability to recover from large-scale perturbations, such as slip or trip (Dingwell and Cavanagh, 2001).

Several techniques have been developed in order to identify global instability before a fall occurs. Many of these include static tests such as quiet standing and retropulsion tests (Bloem et al., 1998). Over the
Footwear-generated biomechanical manipulation (e.g., wedge insoles and foot orthotics), commonly used in clinical practice, has been the focus of vast biomechanical research and has been shown to alter lower-limb biomechanics and reduce joint loads in both healthy and pathological subjects.\(^1\)\(^{-}\)\(^8\) These devices have been reported to shift the foot’s center of pressure (COP) thus changing the locus and orientation of the resultant ground reaction force (GRF). They work on the principle that the lower limbs act as a system of chained links forming a functional kinetic unit.\(^9\) Thus the effect of changing the COP is carried up the chain starting from the most proximal joint (i.e., ankle, knee, hip). By changing the locus and orientation of the GRF, and hence the perpendicular distance from the GRF to the center of the joint being investigated, the kinematics, kinetics, and neuromuscular activity about the joint are also affected.\(^1\)\(^,\)\(^7\)\(^,\)\(^8\)\(^,\)\(^10\)\(^{-}\)\(^12\) This in turn may alter the loading conditions of the joint. Footwear-generated COP manipulation which displaces the COP in such a way to reduce joint loads via this mechanism has been the focus of vast research since recommendations for degenerative joint diseases include reducing load on the pathological joint.\(^13\) However, in-depth studies of influence of such interventions on the hip joint, specifically with an eye toward clinical implications, are scarce and, in general, there is a void of biomechanical analyses, with specific respect to the hip joint, of footwear capable of manipulating lower-limb biomechanics.

Footwear-generated biomechanical manipulation (e.g., wedge insoles and foot orthotics), commonly used in clinical practice, has been the focus of vast biomechanical research and has been shown to alter lower-limb biomechanics and reduce joint loads in both healthy and pathological subjects.\(^1\)\(^{-}\)\(^8\) These devices have been reported to shift the foot’s center of pressure (COP) thus changing the locus and orientation of the resultant ground reaction force (GRF). They work on the principle that the lower limbs act as a system of chained links forming a functional kinetic unit.\(^9\) Thus the effect of changing the COP is carried up the chain starting from the most proximal joint (i.e., ankle, knee, hip). By changing the locus and orientation of the GRF, and hence the perpendicular distance from the GRF to the center of the joint being investigated, the kinematics, kinetics, and neuromuscular activity about the joint are also affected.\(^1\)\(^,\)\(^7\)\(^,\)\(^8\)\(^,\)\(^10\)\(^{-}\)\(^12\) This in turn may alter the loading conditions of the joint. Footwear-generated COP manipulation which displaces the COP in such a way to reduce joint loads via this mechanism has been the focus of vast research since recommendations for degenerative joint diseases include reducing load on the pathological joint.\(^13\) However, in-depth studies of influence of such interventions on the hip joint, specifically with an eye toward clinical implications, are scarce and, in general, there is a void of biomechanical analyses, with specific respect to the hip joint, of footwear capable of manipulating lower-limb biomechanics.

Loads in the hip joint during gait have been measured to be 2 to over 5 times body weight.\(^14\)\(^{-}\)\(^17\) These extreme loads may be detrimental to the joint, causing further damage, pain, and disease progression in the case of degenerative diseases.\(^18\) The abductor muscles’ force acting across the hip joint contributes a major component of the load on the hip joint.\(^19\)\(^,\)\(^20\) In fact, it has been shown that the gluteus medius, a major hip abductor muscle, contributes the most to the vertical and medio-lateral components of the hip joint contact force out of all of the key muscles that span the hip joint, including abductors, adductors, flexors, extensors, and rotators, and also more than gravitational and centrifugal forces, as well as all other muscles of the ipsilateral limb.\(^21\) In addition, it was shown that the gluteus medius and minimus, also a hip abductor, were among the muscles that contributed the most to the first peak of the total GRF and were nearly solely responsible for the midstance GRF.\(^22\) It is also suggested that abductor muscles contribute more to the joint force than body weight.\(^23\) According to the standard frontal-plane model of the hip-pelvis complex, in single limb stance, the hip acts as a fulcrum to keep the pelvis parallel to the ground (Fig. 1a). The moment about the hip produced by the body weight minus the weight of the ipsilateral leg (K”a) is counteracted by the moment produced by contraction of the abductor muscles (M”b). The effective body weight (K) plus the abductor muscles’ force (M) produces a resultant joint reaction force (JRF).

Gait in the frontal, sagittal, and transverse planes occurs due to a balance or specific imbalance of internal and external forces acting about joints of the lower limbs. External forces about the joint result from the GRF, while internal forces result from active and passive anatomical structures including muscles, bones,
Alteration of the foot center of pressure trajectory by an unstable shoe design

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Abstract

Background: Unstable sole designs have been used as functional or therapeutic tools for improving body stability during locomotion. It has been suggested that the narrow base of support under the feet generate perturbations that challenge the instability of different joints during motion, thereby forcing the body to modify its movement in order to maintain a stable gait. The purpose of the present study was to explore the correlation between the stability of the footwear-device and the magnitude of perturbation conveyed during gait.

Methods: Various levels of dynamic instability were achieved using a novel foot-worn platform with two adjustable convex rubber elements attached to its sole. A total of 20 healthy male adults underwent direct in-shoe pressure measurements while walking with the footwear device. Foot center of pressure (COP) and stride to stride variability measures were extracted to examine the correlation between the magnitude of the instability and the imposed perturbations during gait.

Results: A counterintuitive but significant correlation was found between stride to stride variability and the instability of the biomechanical elements. Moreover, there was significant correlation between the instability of the elements and the perturbations found in the COP trajectory. The linear model describing this correlation was found to be statistically significant.

Conclusion: There was significantly negative correlation between the level of instability induced by the shoe design and the amount of perturbations conveyed during gait. This suggests that the external perturbation must remain within a certain range limit. Exceeding this limit can negatively affect the treatment and probably lead to opposite results.

Keywords: Gait, Foot center of pressure, Plantar pressures, Unstable shoe design

Background

In recent years, a novel therapeutic approach to musculoskeletal pathologies, centered on neuromuscular reeducation, has emerged and has been the focus of a vast amount of research [1–3]. The principal behind these therapeutic interventions is that the neurological system controlling locomotion is plastic and, given accurate stimuli, can generate enhanced motor activation patterns that can compensate for anatomical pathologies which compromise gait [4].

It has been suggested that perturbation can generate the appropriate stimuli to improve proprioception and to adopt altered motor control strategies during gait. Footwear-generated biomechanical manipulations have been commonly utilized for this objective [5]. Acting as an interface between the feet and the ground, footwear can manipulate sensory feedback information originating from the plantar surface of the foot and generate these stimuli. The idea behind these designs is to introduce controlled diminished support, thereby challenging joint stability and balance control, a strategy that may allow users to develop motor skills adequate to protect their joints from potentially harmful loads during functional activities [6].

Several unsteady shoe designs have been developed and have been reported to produce favorable outcomes of functional activity and pain reduction [6–10]. Findings related to the effect of the MBT unstable shoe sole showed that wearing these shoes in a standing position...
Reduction of Hip Joint Reaction Force via Medio-Lateral Foot Center of Pressure Manipulation in Bilateral Hip Osteoarthritis Patients

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ABSTRACT: Loading/excessive loading of the hip joint has been linked to onset and progression of hip osteoarthritis. Footwear-generated biomechanical manipulation in the frontal plane has been previously shown in a cohort of healthy subjects to cause a specific gait adaption when the foot center of pressure trajectory was shifted medially, which thereby significantly reduced hip joint reaction force. The objective of the present study was to validate these results in a cohort of female bilateral hip osteoarthritis patients. Sixteen patients underwent gait analysis while using a footworn biomechanical device, allowing controlled foot center of pressure manipulation, in three para-sagittal configurations: medial, lateral, and neutral. Hip osteoarthritis patients exhibited similar results to those observed in healthy subjects in that a medial center of pressure led to an increase in inter-malleolar distance while step width (i.e., distance between right and left foot center of pressure) remained constant. This adaptation, which we speculate subjects adopt to maintain base of support, was associated with significantly greater hip abduction, significantly decreased hip adduction moment, and significantly reduced joint reaction force compared to the neutral and lateral configurations. Recommendations for treatment of hip osteoarthritis emphasize reduction of loads on the pathological joint(s) during daily activities and especially in gait. Our results show that a medially deviated center of pressure causes a reduction in hip joint reaction force. The present study does not prove, but rather suggests, clinical significance, and further investigation is required to assess clinical implications. © 2016 Orthopaedic Research Society. Published by Wiley Periodicals, Inc. J Orthop Res

Keywords: center of pressure; footwear-generated biomechanical manipulations; gait analysis; hip osteoarthritis; frontal-plane kinetics and kinematics of the hip

Hip osteoarthritis (OA) is one of the most common pathologies affecting the elderly with an immense social, economic, and personal burden. It is a chronic debilitating progressive disease characterized by pain, stiffness, loss of articular cartilage and joint space narrowing, formation of osteophytes, and significant gait and physical function abnormalities. It has been estimated by several epidemiologic studies to affect 6.7–9.7% of people over the age of 45 in the United States.¹,² As a result of increasing life expectancy and the obesity crisis, the need for total hip arthroplasty (THA) is expected to grow 174%, to 572,000 per year by 2030 in the United States alone, with actual numbers to date suggesting that this is an underestimation.³

Although the precise pathogenesis of OA is unknown, based on significant research, biomechanical factors play a critical role in its onset and progression.⁴,⁵,⁶–¹⁰ Specifically, excessive loading of the osteoarthritic joint may be detrimental.⁷ Mechanical failure of cartilage is caused by compressive and shear stresses on the joint.¹¹,¹² Thus, among the recommended non-pharmacologic and non-surgical treatments for hip OA, reduction of joint load in gait and daily activities is emphasized.¹³

Footwear-generated biomechanical manipulation of lower limbs has been the focus of significant research. This manipulation shifts the foot’s center of pressure trajectory, thus, changing the locus and orientation of the ground reaction force (GRF). This affects biomechanics of all joints in the lower limbs starting with the ankle and progressing to the knee and hip.¹⁴–¹⁸ Our previous research has shown that external knee adduction moment and medial-compartment joint loads are reduced in the knee in both healthy¹⁴ and medial compartment knee OA patients.¹⁹ Recently, in a pilot study conducted on a cohort of healthy males, we used a novel biomechanical device capable of controlled foot center of pressure (COP) manipulation to examine the effects of medio-lateral COP displacement on kinematics and kinetics of the hip joint.¹⁶ We showed that hip joint reaction force is significantly reduced with a medial displacement of COP in this cohort. Subjects maintained a constant step width (distance between right and left foot COP) during medio-lateral COP manipulation, while increasing or decreasing inter-malleolar distance (distance between lateral maleoli), in order to maintain a constant base of support (Fig. 1c). With a medially displaced COP, subjects increased inter-malleolar distance (IMD) via increasing hip abduction. Also observed was a concurrent decrease in external hip adduction moment, as well as an 8% decrease in frontal-plane hip joint reaction force (JRF) at the peak load-bearing portion of stance phase. We speculated that the mechanism for the decrease in frontal-plane JRF was as follows (Fig. 1a and b):

- medial shift in COP,
- increase in IMD/hip abduction in order to maintain base of support,
- suggested increase in abductor muscle moment arm and hence decrease in abductor muscle force required to maintain level pelvis,

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4. Specific Muscle Activation

“The effect of manipulation of the center of pressure of the foot during gait on the activation patterns of the lower limb musculature”

“Foot center of pressure manipulation and gait therapy influence lower limb muscle activation in patients with osteoarthritis of the knee”

“Neuromuscular response of hip-spanning and low back muscles to medio-lateral foot center of pressure manipulation during gait”
The effect of manipulation of the center of pressure of the foot during gait on the activation patterns of the lower limb musculature

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A B S T R A C T

Background: Therapeutic devices that manipulate the center of pressure (COP) of the foot can induce kinetic and kinematic changes in gait. Appropriate changes in joint moments and muscle activation during gait have been shown to be beneficial for patients with neuromuscular and orthopedic disorders. The purpose of this study was to investigate the effect of different COP positions during gait on the activity of the lower limb musculature of healthy subjects.

Methods: A novel foot-worn biomechanical device that allows controlled manipulation of the COP during gait was used. Twelve healthy males underwent EMG analyses of the key muscles of the leg while wearing the device. The trials were carried out at six COP positions relative to neutral configuration: anterior, posterior, medial, lateral, dorsiflexion, plantar flexion.

Results: The EMG activity of the lateral gastrocnemius varied significantly with COP during terminal stance \(p = 0.023\) and preswing \(p = 0.004\), the tibialis anterior during load response \(p = 0.019\) and midstance \(p = 0.004\), the biceps femoris during terminal stance \(p = 0.009\) and the vastus lateralis during initial contact \(p = 0.010\).

Conclusion: There are significant changes in the muscle activity of the lower limb in response to manipulation of the COP of the foot during gait.

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1. Introduction

Pathologies such as patellofemoral pain syndrome (PFPS) and osteoarthritis (OA) are common musculoskeletal conditions (Dixit et al., 2007; Hogenmiller and Lozada, 2006). Therapists have turned to new devices that can manipulate a patient’s foot center of pressure (COP) in order to decrease pain and improve function. The most prominent of these have been footwear-derived biomechanical devices. Investigators have defined the effects of some of these COP manipulations on kinetic patterns. Wedged insoles, for example, have been suggested to shift the location of the COP in the coronal plane, thereby altering resulting torques from the foot proximally (Kakihana et al., 2005; Maly et al., 2002; Xu et al., 1999). Application of wedge insoles has been reported to decrease the load and the magnitude of the adduction moment at the medial compartment of the knee joint in healthy and arthritic subjects (Kakihana et al., 2005; Crenshaw et al., 2000; Ogata et al., 1997; Yasuda and Sasaki, 1987). In two previous studies we analyzed the kinetic outcomes of a novel biomechanical apparatus that allows for controlled manipulation of the COP during gait. Adjusting the COP in the coronal plane (i.e., from medial to lateral) correlated with significant changes in the knee adduction moment during stance (Haim et al., 2008). Likewise, manipulation of the COP in the sagittal plane (i.e., from posterior to anterior) significantly related with ankle dorsiflexion torque and knee extension torque during stance (Haim et al., 2010).

The current study is an extension of the studies reported in (Haim et al., 2008, 2010). In the current study we analyze the electromyography (EMG) data that was collected during the study described above (Haim et al., 2008, 2010), that is the kinematic, kinetic and electromyography data were collected simultaneously. Moreover, for consistency with the results reported in our previous works, we used the same methods at the same timeframes during the gait cycle so that the kinematic, kinetic and EMG phenomena could be correlated.

There have been several studies on the effects of COP changes on lower limb musculature activation. In a study by Mulavara et al. (1994), patients leaning forward moved their COP anteriorly and increased activation of their gastrocnemius (GC) muscle. Patients leaning backward moved their COP posteriorly and increased activation of their tibialis anterior (TA) muscle. In a study by Krishnamoorthy et al. (2004), patients who were asked to release a load from extended arms showed a forward shift in the COP.

To date, investigators have not examined the activation of the lower limb muscles in response to precisely controlled manipulation of the COP in multiple planes. This can be done using the novel...
Foot center of pressure manipulation and gait therapy influence lower limb muscle activation in patients with osteoarthritis of the knee

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A B S T R A C T

Background: Foot center of pressure (COP) manipulation has been associated with improved gait patterns. The purpose of this study was to determine lower limb muscle activation changes in knee osteoarthritis patients, both immediately after COP manipulation and when COP manipulation was combined with continuous gait therapy (AposTherapy).

Methods: Fourteen females with medial compartment knee osteoarthritis underwent EMG analyzes of key muscles of the leg. In the initial stage, trials were carried out at four COP positions. Following this, gait therapy was initiated for 3 months. The barefoot EMG was compared before and after therapy.

Results: The average EMG varied significantly with COP in at least one phase of stance in all examined muscles of the less symptomatic leg and in three muscles of the more symptomatic leg. After training, a significant increase in average EMG was observed in most muscles. Most muscles of the less symptomatic leg showed significantly increased peak EMG. Activity duration was shorter for all muscles of the less symptomatic leg (significant in the lateral gastrocnemius) and three muscles of the more symptomatic leg (significant in the biceps femoris). These results were associated with reduced pain, increased function and improved spatiotemporal parameters.

Conclusions: COP manipulation influences the muscle activation patterns of the leg in patients with knee osteoarthritis. When combined with a therapy program, muscle activity increases and activity duration decreases.

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1. Introduction

Osteoarthritis (OA) is the most prevalent form of arthritis and occurs most commonly in the knee joint (Hogenmiller and Lozada, 2006). OA of the knee is one of the most common causes of disability in the elderly, affecting over 21 million people in the United States alone (Dillon et al., 2006; Felson et al., 1997). Patients with OA of the knee usually complain of pain, stiffness, poor function and muscle weakness (Hogenmiller and Lozada, 2006). Indeed, studies have shown that the muscle activity in the lower limb of patients with knee OA is below normal (Childs et al., 2004; Mc Alindon et al., 1993). Additionally, researchers have found that patients with knee OA have a longer duration of muscle contraction in comparison to healthy controls (Childs et al., 2004; von Tscharnel and Valderrabano, 2010).

Several studies have shown that muscle activity in knee OA can be improved through strength training, neuromuscular stimulation and standard rehabilitation exercises (Suetta et al., 2004; Graham and Fisher, 2003; Tal-Akabi et al., 2007). Other studies have shown that agility and perturbation training can improve the gait patterns of patients with knee OA (Elbaz et al., 2010; Fitzgerald et al., 2002; Hurley, 2003). Laterally wedged foot orthoses have been used for many years to treat medial compartment knee OA, which is the most common type of knee OA (Graham and Fisher, 2003). These orthoses have been shown to improve the pathological kinetics and kinematics in knee OA (Kerrigan et al., 2002). Previous studies have suggested that these orthoses act by shifting the center of pressure (COP) in the foot, leading to a reduction in the moment arm of the knee adduction moment (KAM) and thus the KAM itself (Maly et al., 2002).

In two previous studies, Haim et al. (2008, 2010) introduced a unique biomechanical device that is thought to combine COP shifts with agility and perturbation training. This device is a foot-worn platform with two adjustable convex rubber elements attached to its base. Through adjustment of the elements, the device is
Neuromuscular response of hip-spanning and low back muscles to medio-lateral foot center of pressure manipulation during gait

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ABSTRACT

Background: Footwear-generated medio-lateral foot center of pressure manipulation has been shown to have potential positive effects on gait parameters of hip osteoarthritis patients, ultimately reducing maximum joint reaction forces. The objective of this study was to investigate effects of medio-lateral foot center of pressure manipulation on muscle activity of hip-spanning and back muscles during gait in bilateral hip osteoarthritis patients.

Methods: Foot center of pressure was shifted along the medio-lateral foot axis using a foot-worn biomechanical device allowing controlled center of pressure manipulation. Sixteen female bilateral hip osteoarthritis patients underwent electromyography analysis while walking in the device set to three parasagittal configurations: neutral (control), medial, and lateral. Seven hip-spanning muscles (Gluteus Medius, Gluteus Maximus, Tensor Fascia Latae, Rectus Femoris, Semitendinosis, Biceps Femoris, Adductor Magnus) and one back muscle (Erector Spinae) were analyzed. Magnitude and temporal parameters were calculated.

Results: The amplitude and temporal parameter varied significantly between foot center of pressure positions for 5 out of 8 muscles each for either the more or less symptomatic leg in at least one subphase of the gait cycle.

Conclusion: Medio-lateral foot center of pressure manipulation significantly affects neuromuscular pattern of hip and back musculature during gait in female hip bilateral osteoarthritis patients.

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1. Introduction

Hip osteoarthritis (OA) is a chronic, debilitating, painful, and progressive disorder affecting a large amount of the population and having a great economic burden. Symptomatic hip OA is estimated to have a prevalence of 9.2% (9.3 female, 8.7 male) for those over 45 years of age (Helmick et al., 2003). Radiological evidence can be detected in most people over the age of 55 (Kellgren and Lawrence, 1958). Cost of hospital expenditures for total hip replacements in 2009 was estimated at $13.7 billion (Murphy and Helmick, 2012).

Hip OA is associated with radiographic evidence of pathology in the joint and gait that significantly deviates from normal. The abnormal gait is accompanied by neuromuscular patterns that also deviate from those of healthy people (Sims et al., 2002). Specific descriptions of muscle activation patterns in bilateral hip OA are lacking in the literature. General neuromuscular abnormalities, however, are observed with hip OA, including muscle weakness and atrophy, due to disuse, pain, and joint dysfunction, causing potential joint instability, lack of support of the joint, and progression of OA (Garstang and Stitik, 2006; French et al., 2008). These gait changes may not only affect the pathological joint(s). Pathologically altered lumbar kinematics may lead to low back pain or lumbar dysfunction (Bejek et al., 2006; Watelain et al., 2001). Current clinical recommendations for the treatment of hip OA include reduction of load on the pathological joint(s) as well as muscle strengthening exercises (Zhang et al., 2008).

In our previous studies on the knee in both healthy and knee OA patients, it was shown that medio-lateral foot center of pressure (COP) manipulation decreases knee adduction moment and joint loads, known to play a major role in onset/progression of knee OA (Haim et al., 2008, 2011). This was associated with significant simultaneous effects on the neuromuscular pattern of lower-limb musculature (Goryachev et al., 2011a, 2011b). Recently, in a pilot study on healthy subjects, medio-lateral foot COP manipulation...
5. Knee Osteoarthritis Functional Severity Classification & Gait Analysis

“Novel classification of knee osteoarthritis severity based on spatiotemporal analysis”

“Correlation between single limb support phase and self-evaluation questionnaires in knee osteoarthritis populations”

“Can single limb support objectively assess the functional severity of knee osteoarthritis?”

“Analysis of knee flexion characteristics and how they alter with the onset of knee osteoarthritis: a case control study”
Novel classification of knee osteoarthritis severity based on spatiotemporal gait analysis

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SUMMARY

Objective: To describe a novel classification method for knee osteoarthritis (OA) based on spatiotemporal gait analysis.

Methods: Gait analysis was initially performed on 2911 knee OA patients. Females and males were analyzed separately because of the influence of body height on spatiotemporal parameters. The analysis included the three stages of clustering, classification and clinical validation. Clustering of gait analysis to four groups was applied using the kmeans method. Two-thirds of the patients were used to create a simplified classification tree algorithm, and the model’s accuracy was validated by the remaining one-third. Clinical validation of the classification method was done by the short form 36 Health Survey (SF-36) and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) questionnaires.

Results: The clustering algorithm divided the data into four groups according to severity of gait difficulties. The classification tree algorithm used stride length and cadence as predicting variables for classification. The correct classification accuracy was 89.5%, and 90.8% for females and males, respectively. Clinical data and number of total joint replacements correlated well with severity group assignment. For example, the percentages of total knee replacement (TKR) within 1 year after gait analysis for females were 1.4%, 2.8%, 4.1% and 8.2% for knee OA gait grades 1–4, respectively. Radiographic grading by Kellgren and Lawrence was found to be associated with the gait analysis grading system.

Conclusions: Spatiotemporal gait analysis objectively classifies patients with knee OA according to disease severity. That method correlates with radiographic evaluation, the level of pain, function, number of TKR.

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Introduction

Knee osteoarthritis (OA) is the most common joint disease, with an estimated prevalence of 30% in individuals over 60 years of age. Due to the effect of a continually graying population, it is expected that nearly one-half of the US adult population will develop symptomatic knee OA by the age of 85 years. Populations in both developed and undeveloped countries share the effects of aging, making the problem a global one.

The diagnosis of knee OA and subsequent treatment decision-making are currently based on the clinical presentation together with the findings on standard knee radiography. The American Society of Rheumatology has established diagnostic criteria based on those findings. They report that the sum of the sensitivity (91%) and specificity (86%) is highest when using combined clinical and radiological criteria. The classification criteria and arthroscopically defined cartilage damage were also found to be correlated. A grading system for knee OA based solely on radiography has also been suggested in order to determine the relative severity of the condition.

Gait analysis has become an important methodology in the study of knee OA. Several studies have characterized the differences in gait patterns between patients with knee OA compared to healthy subjects, including differences in spatiotemporal parameters (specifically, slower walking velocity, shortened step length and lower cadence) and in kinetics and kinematics.
Correlation between single limb support phase and self-evaluation questionnaires in knee osteoarthritis populations

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Abstract

Purpose. To investigate the correlation between single limb support (SLS) phase (% of gait cycle) and the Western Ontario and McMaster University Osteoarthritis Index (WOMAC) questionnaire and Medical Outcomes Study 36-Item Short-Form Health Survey (SF-36 Health Survey) in patients with knee osteoarthritis (OA).

Method. A prospective observational study was employed with 125 adults with bilateral medial compartment symptomatic knee OA who underwent a physical and radiographic evaluation. Velocity, step length and SLS were assessed by a computerised mat (GAITRite). Patients completed the WOMAC and SF-36 Health Survey questionnaires.

Results. Statistical analysis examined the correlations between SLS and both questionnaires, between Kellgren & Lawrence (K&L) scores and both questionnaires and between SLS correlations and K&L correlations. We found significantly stronger correlations between SLS and WOMAC-pain, WOMAC-function, the SF-36 pain sub-category, velocity and step length than between K&L scores and these parameters (Pearson’s \( r = 0.50 \) vs \( 0.26, 0.53 \) vs \( 0.34, 0.50 \) vs \( 0.23, 0.81 \) vs \( 0.33, 0.77 \) vs \( 0.37 \), respectively; all \( p < 0.05 \)). Significant differences in SLS were found over WOMAC-pain, WOMAC-function and SF-36 overall score quartiles (\( p < 0.05 \) for all).

Conclusion. We recommend integrating SLS as an objective parameter in the comprehensive evaluation of patients with knee OA.

Keywords: Single limb support, osteoarthritis, gait, WOMAC, SF-36

Introduction

In order to understand and assess the symptoms and functional severity of patients suffering from knee osteoarthritis (OA), clinicians and researchers use validated self-evaluation questionnaires such as the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and the Medical Outcomes Study 36-Item Short-Form Health Survey (SF-36 Health Survey) [1,2]. Nevertheless, there is a lack in accurate, objective, non-invasive and simple clinical tools for assessing knee OA in terms of functional independence and performance.

In recent years, researchers have gained an increased understanding of important biomechanical gait pattern changes that occur during the pathogenesis and progression of knee OA [3–5]. Studies comparing the gait spatio-temporal parameters of patients with knee OA with those of healthy individuals have shown that patients with knee OA tend to have a slower walking speed, shorter step length and shorter single limb support (SLS) [4,6,7].

The SLS value is a percent of the gait cycle that corresponds to the time spent on one limb while the contralateral limb swings forward. In healthy populations, this phase accounts for 38–40% of the gait cycle [8]. While a relationship has yet to be clearly established between decreased loads due to pain and decreased SLS values, studies have shown that patients with knee OA attempt to avoid pain by decreasing loads from the affected joint [9]. A valid assumption is, therefore, that patients with knee
Can single limb support objectively assess the functional severity of knee osteoarthritis?

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A B S T R A C T

There is a lack in objective measurements that can assess the symptoms of knee osteoarthritis (KOA). In a previous study it was shown that pain and function are in higher correlation with the single-limb support gait parameter than with radiographic KOA stage. Single limb support represents a phase in the gait cycle when the body weight is entirely supported by one limb, while the contra-lateral limb swings forward. The purpose of this study was to further examine the relationship between single-limb support and the level of pain and function in patients with KOA. 125 adults with bilateral KOA underwent a physical and radiographic evaluation, and completed the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and the SF-36 health survey. Patients walked barefoot at a self-selected speed on a computerized mat. Statistical analysis was used to divide the patients into quintiles based on single-limb support phase value and determine the differences in WOMAC and SF-36 scores between quintiles. Significant differences were found in WOMAC and SF-36 sub-category scores between the single-limb support quintiles. The means of the WOMAC-pain and WOMAC-function sub-categories decreased gradually over single-limb support quintiles (P<0.001), and the means of the SF-36 sub-categories increased gradually over the quintiles (P<0.001). Results show that single-limb support quintiles can help determine the level of pain, function and quality of life in patients with KOA. These results suggest that single-limb support quintiles may be added as an additional scale for generally assessing the symptomatic stage of KOA.

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1. Introduction

Patients suffering from knee osteoarthritis (KOA) experience knee pain, stiffness and decreased range of motion, all of which affect their body locomotion. These symptoms can significantly limit daily activities and lead to a loss of functional independence [1]. Patients express these limitations in terms of pain, function and quality of life. The clinical assessment of KOA therefore includes self-evaluation questionnaires to help qualify the symptoms of pain, function and quality of life. These include the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC), the SF-36 health survey and others [2,3]. These questionnaires, however, subjectively measure the severity of KOA symptoms.

The American College of Rheumatology (ACR) has attempted to use radiographic findings to objectively measure the severity of symptomatic KOA. Their classification guidelines integrate the radiographic assessment with other clinical findings [4,5]. These guidelines, however, are limited because the interpretation of radiographic findings is by nature subjective and has intra and inter observer error [6].

Measurements of gait can objectively assess an individual’s function. Studies have shown differences in gait patterns between patients with KOA and healthy individuals. Specifically, differences were found in the gait parameters of self-selected speed, step length and single limb support (SLS) (% of gait cycle) [7-9]. SLS represents a phase in the gait cycle when the body weight is entirely supported by one limb, while the contra-lateral limb swings forward. This phase usually accounts for 38–40% of the gait cycle [10,11]. In a previous study it was shown that pain and function are in higher correlation with SLS than with radiographic KOA stage. The purpose of this study was to further examine the relationship between single-limb support and the level of pain and function in patients with KOA. Specifically, the study was designed to test the hypothesis that SLS will decrease as pain and function worsen in patients with KOA.
Analysis of knee flexion characteristics and how they alter with the onset of knee osteoarthritis: a case control study

Ian McCarthy2, Diana Hodgins1, Amit Mor3, Avi Elbaz3 and Ganit Segal3*

Abstract

Background: The purpose of this study was to examine the differences in gait profile between patients with knee osteoarthritis (OA) and healthy control and to create motion characteristics that will differentiate between them.

Methods: Twenty three patients diagnosed with knee OA and 21 healthy matched controls underwent a gait test using a sensor system (gaitWALK). Gait parameters evaluated were: stride duration, knee flexion range of motion (ROM) in swing and stance. T-Test was used to evaluate significant differences between groups (P < 0.05).

Results: Patients with knee OA had significant lower knee flexion ROM (10.3° ± 4.0°) during stance than matched controls (18.0° ± 4.0°) (p < 0.001). Patients with knee OA had significant lower knee flexion ROM (54.8° ± 5.5°) during swing than matched controls (61.2° ± 6.1°) (p = 0.003). Patients with knee OA also had longer stride duration (1.12 s ± 0.09 s) than matched controls (1.06 s ± 0.11 s), but this was not statistically significant (p = 0.073). Motion characteristics differentiate between a patient with knee OA and a healthy one with a sensitivity of 0.952 and a specificity of 0.783.

Conclusions: Significant differences were found in the gait profile of patients with knee OA compared to matched control and motion characteristics were identified. This test might help clinicians identify and evaluate a knee problem in a simple gait test.

Keywords: Osteoarthritis, Gait, Electronic measurement systems

Background

Osteoarthritis (OA) is by far the most common form of arthritis. Around 2.5% of the adult population suffer from OA of the hip or knee, most of whom are over 45 and this increases to 10% for women over 75 [1]. The main symptoms are pain and limitation in function, which normally leads to changes in gait patterns to accommodate the pain [2].

Because the prevalence of knee OA is high and increasing in the adult population, a means of early diagnosis is being sought. Current diagnosis in an orthopaedic clinic is done using a standard X-ray machine, and the level of degeneration is assessed. One common grading score for hip and knee OA is the Kellgren and Lawrence score [3]. However, it is very difficult to quantify this, particularly at the early stages. Previous studies have reported that changes to the knee joint occur even before radiographic changes are detected [4-6]. Shakoor et al. reported in 2003 that knee loading at the contralateral limb increases following hip arthroplasty and increase the rate of developing knee OA [6]. Furthermore, previous studies have stressed the poor correlation between radiographic changes and symptoms of pain and function [7,8]. Researchers and clinicians are seeking a method of ascertaining the functional severity of the OA, which ideally can be used alongside X-ray data, to detect early stage OA [9].

Biomechanics plays an important role in the progression of knee OA and many studies have been carried out in gait laboratories to ascertain which parameters are affected for people suffering with knee OA compared to healthy subjects [2,10]. Many papers have concluded that reduction in gait velocity is a prominent change in
6. Additional Scientific Evidence

“Differences in gait patterns, pain, function and quality of life between males and females with knee osteoarthritis: a clinical trial”

“Sex and Body Mass Index Correlate With Western Ontario and McMaster Universities Osteoarthritis Index and Quality of Life Scores in Knee Osteoarthritis”

“Differences in gait pattern parameters between medial and anterior knee pain in patients with osteoarthritis of the knee”

“Gait metric profile of 157 patients suffering from anterior knee pain. A controlled study”

“The Reliability of a Gait Analysis Mat in Assessing Patients with Knee Osteoarthritis”

“Gait metric profile and gender differences in hip osteoarthritis patients. A case controlled study”

“Clinical outcomes following ankle fracture: a cross-sectional observational study”

“The correlation between radiographic knee OA and clinical symptoms – do we know everything?”

“Deviations in gait metrics in patients with chronic ankle instability: a case control study”

“Gait characteristics and quality of life perception of patients following tibial plateau fracture”
Differences in gait patterns, pain, function and quality of life between males and females with knee osteoarthritis: a clinical trial

Ronen Debi*, Amit Mor†2, Ofer Segal†2, Ganit Segal†2, Eytan Debbi†2, Gabriel Agar†1, Nahum Halperin†1, Amir Haim†3 and Avi Elbaz†2

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* Corresponding author †Equal contributors

Abstract

Background: The aim of this study was to gain a deeper understanding of the gender differences in knee osteoarthritis (OA) by evaluating the differences in gait spatio-temporal parameters and the differences in pain, quality of life and function between males and females suffering from knee OA.

Methods: 49 males and 85 females suffering from bilateral medial compartment knee OA participated in this study. Each patient underwent a computerized gait test and completed the WOMAC questionnaire and the SF-36 health survey. Independent t-tests were performed to examine the differences between males and females in age, BMI, spatio-temporal parameters, the WOMAC questionnaire and the SF-36 health survey.

Results: Males and females had different gait patterns. Although males and females walked at the same walking speed, cadence and step length, they presented significant differences in the gait cycle phases. Males walked with a smaller stance and double limb support, and with a larger swing and single limb support compared to females. In addition, males walked with a greater toe out angle compared to females. While significant differences were not found in the WOMAC subscales, females consistently reported higher levels of pain and disability.

Conclusion: The spatio-temporal differences between genders may suggest underlying differences in the gait strategies adopted by males and females in order to reduce pain and cope with the loads acting on their affected joints, two key aspects of knee OA. These gender effects should therefore be taken into consideration when evaluating patients with knee OA.

Trial Registration: The study is registered in the NIH clinical trial registration, protocol No. NCT00599729.
Sex and Body Mass Index Correlate With Western Ontario and McMaster Universities Osteoarthritis Index and Quality of Life Scores in Knee Osteoarthritis

Avi Elbaz, MD, Eytan M. Debbi, BA, Ganit Segal, MA, Amir Haim, MD, Nahum Halperin, MD, Gabriel Agar, MD, Amit Mor, MD, Ronen Debi, MD

ABSTRACT. Elbaz A, Debbi EM, Segal G, Haim A, Halperin N, Agar G, Mor A, Debi R. Sex and body mass index (BMI), and age with knee osteoarthritis (OA) symptom severity.

Objective: To examine the associations of sex, body mass index (BMI), and age with knee osteoarthritis (OA) symptom severity.

Design: A cross-sectional retrospective analysis.

Setting: Patients completed the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) questionnaire and Medical Outcomes Study 36-Item Short-Form Health Survey (SF-36). Data were acquired from a stored database of a private therapy center.

Participants: Patients (N=1487) with symptomatic knee OA were evaluated.

Interventions: Not applicable.

Main Outcome Measures: WOMAC questionnaire and SF-36.

Results: BMI correlated significantly with worse knee OA symptoms for all WOMAC and SF-36 subcategories (all P<.001). Age correlated significantly with worse symptoms only for WOMAC function and SF-36 physical functioning (P=.001 and P=.009, respectively). A significant difference across BMI quintiles was found for all WOMAC and SF-36 subcategories (all P<.01). Women showed worse knee OA symptoms in all WOMAC and SF-36 subcategories (all P<.01). There was a significant interaction of sex by BMI in WOMAC pain and WOMAC function (P=.01 and P=.02, respectively).

Conclusions: Based on the results of this analysis, it can be concluded that women and patients with a higher BMI with knee OA are at a greater risk for worse symptoms.

Key Words: Body mass index; Gender identity; Osteoarthritis; Pain; Questionnaires; Rehabilitation.

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List of Abbreviations

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<th>Acronym</th>
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<tr>
<td>BMI</td>
<td>body mass index</td>
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<td>OA</td>
<td>osteoarthritis</td>
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<td>SF-36</td>
<td>Short Form 36 Health Survey Questionnaire</td>
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<td>WOMAC</td>
<td>Western Ontario and McMaster Universities Osteoarthritis Index</td>
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Arch Phys Med Rehabil Vol 92, October 2011
Differences in gait pattern parameters between medial and anterior knee pain in patients with osteoarthritis of the knee

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ABSTRACT

Background: Patients with osteoarthritis of the knee have unique spatiotemporal gait alterations. These gait changes have not yet been differentiated according to the location of knee pain. The purpose of this study was to compare the gait patterns of patients with symptomatic knee osteoarthritis that exhibit either anterior or medial joint pain.

Methods: 240 Patients with knee osteoarthritis were evaluated at one therapy center. Patients were divided into two groups according to the location of greatest pain in their worse knee. Patients underwent a computerized spatiotemporal gait analysis. Differences in gait patterns between the two knee pain locations were also examined within each gender.

Findings: Compared with patients with pain in the anterior knee compartment, those with pain in the medial knee compartment exhibited a significantly slower walking speed (P<0.01), shorter step length (P<0.01), lower single-limb-support phase (P<0.01). These differences are witnessed mainly between the females in each group, whereas males differed only in single-limb-support.

Interpretation: The results of this study suggested underlying gait differences in the nature of medial and anterior knee pain. Furthermore, gender differences in gait may exist between patients with medial knee pain compared to patients with anterior knee pain.

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1. Introduction

Diagnosing and gauging the severity of knee osteoarthritis (OA) is a highly debated topic. Historically, knee OA has been evaluated by a combination of radiographic imaging techniques, physical examination and self-evaluation questionnaires (Altman et al., 1986). Recent studies have also shown that gait measurements may be a valuable functional measure of knee OA (Kaufman et al., 2001).

Studies have shown differences in spatiotemporal gait patterns between knee OA patients and healthy individuals. Patients with knee OA demonstrate a slower walking velocity, shorter step length and decreased single-limb-support (SLS) (Brandes et al., 2008; McKean et al., 2007; Mundermann et al., 2005). SLS represents the phase in the gait cycle when the body weight is entirely supported by one limb, while the contra-lateral limb swings forward. Previous studies have shown a poor–moderate correlation between SLS and self-reported knee OA symptoms (Debi et al., 2011; Elbaz et al., 2011). Debi et al. (2011) reported a correlation of −0.5 and −0.53 between SLS and WOMAC pain and WOMAC function, respectively. Elbaz et al. (2011) reported a correlation of −0.5 and −0.49 between SLS and SF-36 pain and SF-36 physical function, respectively. Another study also showed correlations between walking velocity and step length and self-reported knee OA symptoms (Nebel et al., 2009). A correlation of −0.16 was found between pain and velocity and correlations of −0.24 and −0.20 were found between WOMAC function and velocity and step length, respectively (Nebel et al., 2009).

Patients with OA of the knee often complain of pain in specific locations of the knee. The three classic locations of pain are in the medial, anterior and lateral compartments (Altman et al., 1986). Medial compartment pain is by far the most prevalent location, with an estimated 75% of patients complaining of pain in this location (Altman et al., 1986; Koshino and Machida, 1993; McAlindon et al., 1992; Saito et al., 2002). This is explained by the fact that the medial compartment of the tibiofemoral joint carries a 2.5 times greater load than other
Gait metric profile of 157 patients suffering from anterior knee pain. A controlled study

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1. Introduction

Anterior knee pain (AKP) is a common complaint, affecting 25–36% of the general population [1–3]. AKP was reported as the cause of up to 40% of all visits to physiotherapy clinics for knee pain [4–6]. Symptoms often become chronic, with 94% of patients continuing to experience pain up to four years after initial presentation and 25% reporting significant symptoms up to 20 years later [7].

Currently there are no consensuses for classification and nomenclature of AKP [8,9]. Multiple clinical conditions have been described in association with AKP [10]. Likewise, numerous physical signs and findings have been described by different authors [10]. Historically the term “patello-femoral pain syndrome” was utilized for subjects complaining of anterior knee pain in whom no other diagnosis could be made. This term, however, has been disputed and has gone out of favor due to inconsistencies in diagnostic criteria [8,9]. Nonetheless most investigators agree that the etiology of AKP in some patients arises from the retropatellar or peripatellar region and is related to faulty lower limb mechanics and poor neuromuscular control. These include, patellar mal tracking and imbalance between the vastus medialis and vastus lateralis [11], increased femoral internal rotation [12], increased hip adduction [13], weakness of hip external rotators and abductors and increased foot pronation. These have all been implicated with the pathomechanics of this syndrome [14].

Alterations in knee kinetics and kinematics were previously reported in association with AKP: subjects with AKP were found to display a reduced knee extensor moment during the loading response phase (LR) of the stance [15,16], and a reduced peak vertical ground reaction force (GRF) [17]. Reduced knee flexion during LR has been reported in some studies [17,18], but not in others [11,16,19]. The above-mentioned studies, however, were comprised of relatively small cohorts. Moreover, the results reported in these studies are not uniform. The study of gait in this population contributes to the understanding of the pathomechanics of this pathology and is important for developing new treatment strategies. In addition, defining variations in gait of these patients can offer objective clinical data.

Keywords: Anterior knee pain Gait Patella femoral joint

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A B S T R A C T

Purpose: Gait metric alterations have been previously reported in patients suffering from anterior knee pain (AKP). Characterization of simple and measureable gait parameters in these patients may be valuable for assessing disease severity as well as for follow-up. Previous gait studies in this population have been comprised of relatively small cohorts and the findings of these studies are not uniform. The objective of the present study was to examine spatio-temporal gait parameters in patients with AKP in comparison to symptom-free controls. Furthermore, the study aimed to examine the relationship between self-reported disease severity and the magnitude of gait abnormalities.

Methods: 157 patients with AKP were identified and compared to 31 healthy controls. Patients were evaluated with a spatiotemporal gait analysis via a computerized mat, the Western Ontario and McMaster Osteoarthritis Index (WOMAC) questionnaire and the Short Form (SF)-36 health surveys.

Results: AKP patients walked with significantly lower velocity (15.9%) and cadence (5.9%), shorter step length (9.5%), stride length (9.6%), and showed significant differences in all gait cycle phases (P<0.05 for all). Study group reported higher levels of pain (96%), functional limitation (94%), and poorer perception of mental quality of life (30%) (P<0.05 for all).

Conclusion: Significant differences were found between the spatiotemporal gait profile of AKP patients and symptom-free matched controls. In addition, an association was found between subjective disease severity and gait abnormalities. These findings suggest the usefulness of gait parameters, alongside with the use of self-evaluation questionnaires, in identifying deviations of these patients from healthy population.

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The Reliability of a Gait Analysis Mat in Assessing Patients with Knee Osteoarthritis


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Gait metric profile and gender differences in hip osteoarthritis patients. A case-controlled study

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Purpose: Hip osteoarthritis (OA) is a slowly progressive destructive disease that results in alterations in joint loads and biomechanics to which patients adapt compensatory alterations and abnormal gait patterns. This prospective cross-sectional, case-controlled study examined these alterations in gait metrics and evaluated gender differences in gait spatiotemporal parameters. Correlations between function and gait metrics were also investigated.

Basic Procedures: Hip OA patients (138 females and 122 males) and healthy controls (14 females and 26 males) matched for age and gender underwent the same investigative protocol consisting of a spatiotemporal gait analysis followed by functional evaluations using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and the SF-36 Health Survey (SF-36).

Main Findings: Differences between the patient and the control groups were significant in all the spatiotemporal parameters. There were significant gender differences within the hip OA group in all parameters except for cadence and single limb support percentage. WOMAC and SF-36 scores revealed significant differences between the study and control groups in most components. Significantly higher scores in the three components of the WOMAC as well as in six SF-36 score components were found among males compared to females in the patient group.

Principal Conclusions: Gait, WOMAC and SF-36 were effective objective and subjective tools for evaluating a large cohort of patients with hip OA, and can be highly useful for supplementing the assessment of hip OA severity and enhancing treatment efficacy during the course of the disease.

Keywords: Hip, Osteoarthritis, Gait, Pain, Quality of life

Accepted: September 17, 2013

INTRODUCTION

Hip osteoarthritis (OA) is one of the most prevalent disabling disorders of the elderly. The reported prevalence of the symptomatic disease is up to 10% in the USA (1) and it is the most common indication for total hip replacement (2). Osteoarthritis is a slowly progressive destructive disease, characterised by pain and functional limitations that mainly affect the articular cartilage but also the periarticular bone. The diagnosis is made clinically by characteristic features, such as pain and stiffness, and confirmed by radiography (3). The aetiology of OA is multifactorial and involves local factors within the joints as well as systemic predisposing factors (4). Local factors include trauma, physical and occupational activity and neuromuscular function (4), while age, gender and obesity are other prominent risk factors (4-6).
Clinical outcomes following ankle fracture: a cross-sectional observational study

Ganit Segal1, Avi Elbaz1, Alon Parsi1, Ziv Heller2, Ezequiel Palmanovich2, Meir Nyska2, Zeev Feldbrin3 and Benjamin Kish2

Abstract

Background: The purpose of the current study was to examine objective and subjective differences between three severity groups of ankle fractures patients compared to healthy controls.

Methods: This was a case-controlled study. 92 patients with an ankle fracture injury of which 41 patients were eligible to participate in the study. 72 healthy people served as controls. All patients underwent a computerized gait test, completed self-assessment questionnaires (The Foot and Ankle Outcome Score (FAOS) and the SF-36), evaluated with the American Foot and Ankle Score (AOFAS) form and completed the 6-min walk test. The control group performed a computerized gait test and completed the SF-36 health survey.

Results: All ankle fracture patients presented compromised gait patterns and limb symmetry compared to controls ($p<0.05$). Ankle fracture patients also had lower SF-36 scores compared to controls ($p<0.05$). Significant differences were found between the unimalleolar group compared to the bimalleolar and trimalleolar groups in most parameters, except for the FAOS scores. There were no significant differences between the bimalleolar fracture group and the trimalleolar fracture groups.

Conclusions: Although all fracture severity classification groups presented a compromised gait pattern and worse clinical symptoms compared to controls, it seems that patients with a unimalleolar fracture is a different group compared to bimalleolar and trimalleolar fracture. Furthermore, it seems that bimalleolar fracture and trimalleolar fracture affect the gait pattern and clinical symptoms to an equal extent, at least in the short-term.

Trial registration: NCT01127776.

Keywords: Ankle fracture severity, Gait, Clinical outcomes

Background

Ankle fractures are one of the most common injuries of the lower limb [1]. There has been a constant increase in ankle fracture rates amongst young, active patients as well as in the elderly population over the last several decades [2,3]. Operative treatment of ankle fracture includes open reduction and internal fixation [4], followed by immobilization and rehabilitation [5-7].

Ankle fractures severity can be defined and classified to three sub-groups including unimalleolar, bimalleolar and trimalleolar fractures. Several studies have examined the differences between severity groups in regard to functional outcomes and showed conflicting results.

Some concluded that a fracture severity classification is a consistent predictor of functional outcome following surgery [8-10]. However, recent work by Egol et al. concluded that the type of fracture had no influence on functional recovery [11]. Most studies used self-assessment questionnaires and functional scores to evaluate the functional status of the patient post an ankle fracture surgery. Although questionnaires are considered a valid method of assessment, they are subjective, and objective methods of evaluation are warranted.

Gait analysis is widely used to characterize functional performance of different populations [12-15]. It is also used as an outcome measure for decision making and for evaluating different treatments [16-19]. Recently, functional severity classification for patients with knee osteoarthritis, which is based on gait analysis, was presented...
The correlation between radiographic knee OA and clinical symptoms—do we know everything?

Amir Herman · Ofir Chechik · Ganit Segal · Yona Kosashvili · Ran Lador · Moshe Salai · Amit Mor · Avi Elbaz · Amir Haim

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Abstract This study aims to evaluate the correlations between common clinical osteoarthritis (OA) diagnostic tools in order to determine the value of each. A secondary goal was to investigate the influence of gender differences on the findings. Five hundred and eighteen patients with knee OA were evaluated using the Western Ontario and McMaster Osteoarthritis Index (WOMAC) questionnaire, short form 36 (SF-36) Health Survey, and plain radiographs. Analysis of variance (ANOVA) was used to compare the different domains of the WOMAC and SF-36 questionnaires between genders and the radiographic scale. Higher knee OA x-ray grade were associated with worse clinical outcome: for women, higher scores for the WOMAC pain, function and final scores and lower scores in the SF-36 final score; in men, lower SF-36 overall and physical domains scores. Gender differences were found in all clinical scores that were tested, with women having worse clinical scores for similar radiographic grading (p values <0.001). Knee radiographs for OA have an important role in the clinical evaluation of the patient. Patients with higher levels of knee OA in x-ray have a higher probability of having a worse clinical score in the WOMAC and SF-36 scores. The gender differences suggest that for similar knee OA x-ray grade, women’s clinical scores are lower.

Trial registration: NCT00767780

Keywords Function · Knee osteoarthritis · Pain · Quality of life · X-ray

Background

Knee osteoarthritis (OA) affects about 10 % of the population over the age of 60, with increased prevalence among women and elderly patients [1–3]. Reliable grading of the severity of knee OA is important for monitoring the patients during their follow-up period and evaluation of various treatment modalities. Several clinical tools are currently in practice for objective and subjective assessment of symptoms and disease severity in knee OA [1]. At present, however, there is no consensus as for the “gold standard” for the evaluation of disease severity and progression [4]. Thus, it is difficult to assess the validity of the present clinical tools. Furthermore, several epidemiologic studies suggest a profound gender difference in the manifestations of symptoms and functional performance. Thus, while some clinical parameters could be valuable for pathology evaluation in females, others may be more suitable for males [5, 6]. Debi et al. concluded that males and females with knee OA adopt different gait strategies in response to knee OA symptoms. Furthermore, although there were no gender differences in radiographic grading of knee OA degeneration, some differences in self-assessment questionnaires
Deviations in gait metrics in patients with chronic ankle instability: a case control study

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Background: Gait metric alterations have been previously reported in patients suffering from chronic ankle instability (CAI). Previous studies of gait in this population have been comprised of relatively small cohorts, and the findings of these studies are not uniform. The objective of the present study was to examine spatiotemporal gait metrics in patients with CAI and examine the relationship between self-reported disease severity and the magnitude of gait abnormalities.

Methods: Forty-four patients with CAI were identified and compared to 53 healthy controls. Patients were evaluated with spatiotemporal gait analysis via a computerized mat and with the Short Form (SF) - 36 health survey.

Results: Patients with CAI were found to walk with approximately 16% slower walking velocity, 9% lower cadence and approximately 7% lower step length. Furthermore, the base of support, during walking, in the CAI group was approximately 43% wider, and the single limb support phase was 3.5% shorter compared to the control group. All of the SF-36 8-subscales, as well as the SF-36 physical component summary and SF-36 mental component summary, were significantly lower in patients with CAI compared to the control group. Finally, significant correlations were found between most of the objective gait measures and the SF-36 mental component summary and SF-36 physical component summary.

Conclusions: The results outline a gait profile for patients suffering from CAI. Significant differences were found in most spatiotemporal gait metrics. An important finding was a significantly wider base of support. It may be speculated that these gait alterations may reflect a strategy to deal with imbalance and pain. These findings suggest the usefulness of gait metrics, alongside with the use of self-evaluation questionnaires, in assessing disease severity of patients with CAI.

Keywords: Chronic ankle instability, Gait, Quality of life

Background
The definition and classification of chronic ankle instability (CAI) are problematic. Clinically, it is defined as recurrent subjective complaint of the ankle joint “giving way” [1,2] and as “repetitive bouts of lateral ankle instability resulting in numerous ankle sprains” [3]. CAI is usually the sequelae of acute ankle sprain [4], and up to 34% of the patients suffer from a residual problem within the 3 years following their first incident [4]. Some individuals with CAI are limited in participating in sports and even in activities of daily living for years after the initial injury [5,6]. The first insult usually involves hyper-supination (a combination of inversion, plantar flexion, and internal rotation) of the hind foot in relation to the tibia, resulting in injury to the lateral ankle ligaments. The most commonly injured ligaments are the anterior talofibular and the calcaneofibular [7].

The term “mechanical instability” (MI) has been used to describe patients with objective physical examination and radiologic findings (e.g., stress radiographs) suggestive of ligamentous incompetence about the ankle-joint complex. However, there is a low correlation between these findings and long-term prognosis. Freeman et al.
Gait characteristics and quality of life perception of patients following tibial plateau fracture

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Abstract
Introduction The purpose of the current study was to evaluate the long-term functional outcome as measured by gait patterns and quality of life assessment of patients with high-energy tibial plateau fracture compared to matched controls.

Materials and methods Thirty-eight patients were evaluated in a case-controlled comparison. Twenty-two patients with tibial plateau fracture were evaluated after 3.1 (1.63) years (sd) from injury. Patients underwent a computerized spatiotemporal gait test and completed the SF-12 health survey. 16 healthy subjects, matched for age and gender served as a control group. The main outcome measures for this study were spatiotemporal gait characteristics, physical quality of life and mental quality of life.

Results Significant differences were found in all gait parameters between patients with tibial plateau fracture and healthy controls. Patients with tibial plateau fracture walked slower by 18 % compared to the control group \( (p = 0.001) \), had slower cadence by 8 % compared \( (p = 0.002) \) to the control group and had shorter step length in the involved leg by 11 % and in the uninvolved leg by 12 % compared to the control group \( (p = 0.006 \) and \( p = 0.003 \), respectively). Patients with tibial plateau fracture also showed shorter single limb support (SLS) in the involved leg by 12 % compared to the uninvolved leg and 5 % in the uninvolved leg compared to the control group \( (p < 0.001 \) and \( p = 0.017 \), respectively). Significant differences were found in the Short Form (SF)-12 scores. Physical Health Score of patients with tibial plateau fracture was 65 % lower compared to healthy controls \( (p < 0.001) \), and Mental Health Score of the patients was 40 % lower compared to healthy controls \( (p < 0.001) \). Finally, significant correlations were found between SF-12 and gait patterns.

Conclusion Long-term deviations in gait and quality of life exist in patients following tibial plateau fracture. Patients following tibial plateau fracture present altered spatiotemporal gait patterns compared to healthy controls, as well as self-reported quality of life.

Keywords Tibial plateau fracture · Gait · Quality of life

Introduction Tibial plateau fractures represent a complex injury to the knee. These fractures are usually classified using the Schatzker classification system [1]. This classification helps to separate the fractures into groups with similar mechanisms and patterns and has 6 grades. Schatzker 5 & 6 are caused by high-energy trauma and are considered to be more severe. Schatzker 5 is characterized with bicondylar injury whereas Schatzker 6 is characterized with split extends of the metaphysis [1]. Usually, they include a combination of axial loading and varus/valgus applied forces [1]. Tibial plateau fractures are associated with significant osseous [2], soft tissue injuries [2–4] and
Knee Osteoarthritis Functional Classification - Males

Knee Osteoarthritis Functional Classification - Females

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