

Leg muscle power predicts pain, quality of life in knee OA

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(HealthDay)—For patients with knee osteoarthritis (OA), leg muscle power independently predicts pain and health-related quality of life, according to a study published in the December issue of *Arthritis & Rheumatology*.

Kieran F. Reid, Ph.D., M.P.H., from Tufts University in Boston, and colleagues examined the correlation between leg muscle strength, power, and perceived disease severity in knee OA. Baseline data were obtained for 190 individuals with knee OA. The Western Ontario and McMaster Universities Osteoarthritis Index was used to measure knee [pain](#), while health-related quality of life was evaluated using the Short Form-36 (SF-36).

The researchers found that greater muscle power correlated significantly

with pain (P "Compared to strength, muscle power may be a more clinically important measure of muscle function within this population," the authors write. "New trials to systematically examine the impact of [muscle power](#) training interventions on disease severity in knee OA are particularly warranted."

One author disclosed financial ties to the pharmaceutical and biotechnology industries.

More information: [Abstract](#)
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