

The impact of isokinetic exercises on the quality of life in patients with primary osteoporosis

Laszlo Irsay, Andreea Diana Nitu, Rodica Ungur, Monica Borda, Viorela Ciortea, Ioan Onac

Iuliu Hațieganu University of Medicine and Pharmacy, Cluj-Napoca, Discipline of Balneo-Physiotherapy and Medical Rehabilitation

Abstract

Background. Osteoporosis is a common disease with a great socio-economic impact and impairment of the quality of life.

Aims. Monitoring the quality of life in patients with primary osteoporosis after undertaking an isokinetic training for the lower limbs.

Methods. The study took place during April 2009-March 2010 in the Rehabilitation Clinic, Cluj-Napoca and consisted of a group of 30 patients with primary osteoporosis. The patients were evaluated in terms of quality of life during the first and the 12th day of treatment using the QUALEFFO-41 questionnaire. A standardized isokinetic training for the lower limbs was applied for all the patients on a daily basis.

Results. Following the isokinetic training, significant results were obtained in all the 7 fields of the questionnaire ($p < 0.05$).

Conclusions. Limits of the methodology are the requirement of expensive equipment and the poor accessibility for those in rural areas.

Keywords: isokinetic training, osteoporosis, quality of life.