

【Original Article】

Factors of Exercise Classes Frequency in Middle-Aged and Older Japanese Woman with Chronic Knee Pain

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Abstract

Objective: The study aimed to determine whether the factors at baseline were associated with low frequency in the 3 months exercise class program among middle-aged and older Japanese woman with chronic knee pain.

Methods: The study had an exploratory prospective cohort design. Participants were 92 patients (age: >50 years: 72.0±5.9) who had chronic knee pain after having undergone knee surgery or had knee osteoarthritis. The criteria of the low frequency group were said to be less than once a week, the frequency of participation in exercise classes for 3 months was less than 12 times. Logistic regression analysis was performed by comparing the predictor factors of the 92 low frequency group (n=35) and the frequent group (n=57) who participated in the 3 months exercise class to the health, physical and psychological, and demographics factors, prior to the exercise class.

Results: After health education adjustment, high body mass index (OR, 95%CI=0.75, 0.62-0.90), small Japanese knee osteoarthritis measure pain and stiffness (1.15, 1.02-1.30), low exercise self-efficacy (1.11, 1.00-1.24), high pain catastrophizing scale rumination (0.84, 0.72-0.98) and low magnification (1.46, 1.09-1.96) were found to have a relationship with the predictor of low frequency in the 3 months exercise classes.

Conclusion: The body mass index was high, Future anxiety is less for less pain, but pain rumination and no exercise confident was a predictor of low frequency in the 3 months exercise class among patients with chronic knee pain.

Key words: knee osteoarthritis, exercise classes, pain catastrophizing, exercise self-efficacy

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