

ABSTRACT

Background: Osteoarthritis (OA) of the knee is the most common type of arthritis requiring pain management and affects older adults. Traditional texts describe the benefits of *yoga* for many types of arthritis. There is a need to have *yoga* better recognized by the health care community as a complement to conventional medical care.

Aims: The present study was designed to assess the impact of one week of Integrated Approach of *Yoga* Therapy on pain, mobility, gait and balance in patients with osteoarthritis of knee.

Methods and Material: Variables viz. Pain Visual Analog Scale, Timed Up & Go and Performance Oriented Mobility Assessment were evaluated in 39 patients (M-22, F-17) aged between 45 to 81 years (mean age \pm SD, 63.07 \pm 9.14) at the beginning and end of a non-residential *yoga* therapy camp. The patients were examined twice: at baseline before intervention and after seven days, as follow-up. During the intervening seven days, they received Integrated Approach of *Yoga* Therapy.

Results: The data of thirty-nine patients was used for current analysis. The subjects showed significant reduction in pain ($p < 0.001$), improvement in basic mobility skills ($p < 0.001$) and stability in gait and balance. ($p < 0.001$).

Conclusions: This study suggests that Integrated Approach of *Yoga* Therapy (IAYT) is effective in reducing pain and improving the mobility, gait and balance in patients with osteoarthritis of knee.

Key words: *yoga* osteoarthritis mobility gait