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Research Article

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Pilot Study on the Clinical Applicability of Non-invasive Joint Distraction using the JD Device for Knee and Hip Osteoarthritis: A Retrospective Observational Study

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Author(s): Wolfgang Zinser*, Tom Zinser, Erwin Sturmair and Frank Diemer

Background: Knee and hip osteoarthritis are among the most common degenerative joint diseases and are associated with significant limitations in quality of life. Mechanical joint distraction is considered a promising approach to pain relief and joint function improvement. The aim of this retrospective observational study, designed as a pilot study to serve as a starti ...

Abstract View Full Article View DOI: 10.17352/2455-5487.000108

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Efficacy of Proprioceptive Neuromuscular Facilitation (PNF) Technique in Patients with Cervical-Originated Arm Pain on Pain and Functional Disability: A Single-Arm Pilot Trial

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Author(s): Datri Bhattacharyya and Shilpasree Saha*

Background: Cervical-originated arm pain (COAP) occurs when a cervical nerve root is affected, causing pain and muscle weakness that can lead to disability. The PNF technique concentrates on activating both the agonist and antagonist muscle groups to enhance neuromuscular control and improve functional movement patterns. The current study aimed to determine the effect ...

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