

## Osteoarthritis and Quality Of Life among Bangladeshi Population

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Almost every family having aged people irrespective of sex suffer any form of osteoarthritis particularly knee osteoarthritis in their life span. Day by day it is an increasing trend and hampers daily life. Inability to complete bending of knee or feeling pain during squatting movement is the main complain of the patients. Patients did not sit in toilet or facing difficulty. It is very difficult for them to stair climbing even during praying they use chair so that knee bending is not needed. Even they do not walk long distance properly. Female often complain of pain during fish cutting. For remedy they visit one doctor to another and have NSAIDs randomly. They expect that they will cure completely. At last they attend in physiotherapy center with huge hope as well as bundle of prescriptions with depression and often they stated that you (physiotherapist) are the last man whom I have come for treatment. Most of the patients come in advance stage and with intra-articular injection (steroids). It is observed that osteoarthritis is now increasing not only urban area but also rural area. Recently some people are using chair in mosque during prayer time because of knee osteoarthritis. They inform me they are doing so after getting advice from physician. This is the area need to be study. Physiotherapy specially manual therapy can play vital role regarding osteoarthritis management by strengthening quadriceps, hamstring muscles and increasing range of motion. In Bangladesh some electrotherapeutic agents like short wave diathermy, ultrasound therapy are also used. Patient's education and counseling are also important. It is a common practice in our country to take calcium and glucosamine supplements randomly of these patients. From quack to registered physician everybody suggests to have these supplements. Sometimes patients themselves buy it from pharmacy and consume it months after months without any suggestions from medical practitioners. It is concluded that more extensive as well as intensive research on osteoarthritis is urgently needed to reduce distress of osteoarthritis patients.

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