

Obesity, Healthcare - Nutrition & Fitness

March 18 - 19, 2019 | New York, USA

KEYNOTE FORUM | DAY 1

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Is self management program and exercises best form of treatment for knee arthritis? An evidence based concept

Osteoarthritis of the knee is a global problem. Its incidence is on the rise thanks to the increasing life span. Traditionally osteoarthritis knees have been treated with non-pharmacological, pharmacological and surgical methods in that order. Knee arthroplasty has gained immense popularity and is now increasingly done the world over. But still, it is an answer to only 5% of the patients with severe OA knees unresponsive to treatment. There is a large chunk of the patient where these conventional methods of treatment are inadequate. OA Knees are more complex than before. It seldom happens in isolation and is associated with multiple musculoskeletal problems, co-morbidities, mental and emotional problems which render the treatment ineffective. Obesity is another great challenge

when associated with OA Knees. The duration, dose, side effects, complications and multiplicity of drugs in OA Knee does not make them a safe long term option while surgery is not an effective answer except in cases of severe arthritis. So treatment of OA knees is not simple and there is a need for more effective options which overcomes all the above challenges of the conventional treatment methods. My extensive research on OA Knees has been accepted by the AAOS in framing the 2013 Non-Arthroplasty guidelines. They have given a strong recommendation for the self-management program, light impact and strengthening exercises, neuromuscular education and physical activity. This holistic treatment module provides an effective solution not only for knee arthritis but also for other chronic orthopedic disorders.

Biography

John Ebnezar is an internationally renowned orthopedic surgeon,



John Ebnezar

Wholistic Orthopedic Expert, India

passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low-cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics and social service, an only orthopedic surgeon in the world to do so. He is a PhD in yoga, involved in 6 original-yoga types of research, won Best Research Award from SVyasa Yoga University (2012) for his work on knee arthritis and role of

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Yoga in fracture healing (2010). He has pioneered a new treatment method, Wholistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is a simple, cheap, effective alternative method of treating all varieties of OA knees and also for patients with modern lifestyle orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

johnebnazar@gmail.com