Methods Twenty nine patients with symptomatic OA of the knees and 37 – with SAC (more than 50% reduction of passive movements on all directions) were referred to chiropractic clinic following failure of long term conventional therapy (physiotherapy, NSAID's, local steroid injections). On admission very high proportion of each group (84% knees and 86% shoulder) were found to have "silent spondylosis": L2–4 or C5-T1 tenderness, paravertebral muscle spasm, and positive X-Ray for spondylosis. None had lumbar or cervical pain. Two-three chiropractic sessions per week (15 ± 11 sessions for knee OA and 10 ± 4 – for SAC) were applied to both the relevant spine and the affected joint (combined therapy).

Results The results (in percentage of patients) are presented in the Table 1. Once a month maintenance session may be necessary to establish long term results.

Abstract AB0148 Table 1

	Knee osteoarthritis (% of patients)	Adhesive capsulitis (% of patients)
Full pain relief	25	36
Full function rehabilitation	50	55
Decrease of 30% or more in pain	60	80
Initial 30% or more pain increase	25	13
Increase of pain by the end of the therapy	10	6
Reduction of pain (1–10 Score)	Not estimated	5.5 ± 3.5
Shoulder joint elevation angle enlargement (degree)	-	50 ± 36

Conclusion When direct therapy to knee or shoulder fails – "silent" spondylosis should be searched. Combined chiropractic therapy is highly effective in both situations.

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AB0149 STUDYING OF THE EFFICIENCY OF THE SYNVISK IN OSTEOARTROSIS

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Background At present for improvement of life quality in patients with osteoarthritis is necessary to solve some problems: precluding of development of degenerative process in cartilage of affected joint, relieving of pain and improvement of the function of the joint. For these aims we studied the efficiency of the chondroprotective drug Synvisk by Boehringer Ingelheim in 25 patients with arthrosis of the knee in medium age of $61,2 \pm 1,7$ years, 16 women and 8 men, with duration of the disease $5,8 \pm 0,9$ years. Conform X-ray data the distribution of the patients by

stages of the disease was as follow: I grade ? 20%, II grade ? 64%, and III grade ? 16%. In experimental group the drug was administered intraarticular by blind method in dose of 2,0 ml one time in a week, 3 injections for the course, which were repeated after 6 and 12 months. The control group was matched by gender, duration of disease and X-ray date; in this group was administrated placebo conforming same scheme.

Evaluation of the effectiveness and tolerability of compared drugs was carried out in evolution of clinical (pain, functional index by Lesquesne, volume of movement on affected joints), X-ray parameters and functional methods (ultrasonography, scintigraphy with ^{99m}Tc).

In the basic group were mentioned decreasing of the pain intensity and improvement of the joint functions after single injection in one third of the patients, while in control groups similar cases were absent. After 3 courses of the treatment in the basic group the effects were obtained in 86,7% of the patients, including 33,3% very good effect, in 53,4% moderate effect and only in 13,3% the effects were absent. In control group there were no effect in 80% of the patients, and in 20% of the patients there were mentioned moderate effects; good effects were are not observed. Thus, a presented result suggests that administration of Synvisk lead to significant improvement of the life quality in the patients with arthrosis of the knee.

Objectives

Methods

Results

Conclusion

AB0150 EFFECTS OF GLUCOSAMINE SULFATE AND NIMESULIDE ON THE PROGRESSION OF KNEE OSTEOARTHRITIS

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Background

Objectives The aim of this study was to assess the clinical, radiological and biological efficacy and tolerability of oral glucosamine sulfate associated with a selective COX 2 inhibitor, nimesulide, in patients suffering from Knee osteoarthritis (OA).

Methods There was a 6 month randomised, double blind study which included 35 patients of both sexes, aged between 45 and 72 years, with symptomatic knee OA, with Kellgren and Lawrence radiological scores I-II. Patients were treated only with oral glucosamine sulfate and 100 mg nimesulide daily or with a placebo (PBO) associated with 100 mg nimesulide per day. The main outcome criteria were the degree of spontaneous joint pain and the overall mobility capacity; secondary outcome criteria included the joint space measurement and the levels of biochemical markers of bone and joint metabolism (osteocalcin, deoxypyridoline, nitric oxide, matrix-metalloproteinases).

Results The results of this study confirm that the association glucosamine sulfate- nimesulide was well tolerated and both reduces significantly pain and increase overall joint mobility; a stabilisation of the femoro-tibial joint narrowing (measured with a digitised image analyzer) was noted in these patients, whereas joint narrowing space increased in placebo-treated patients. In addition, the metabolism of bone and joint assessed by different biochemical parameters also stabilised in patients receiving glucosamine sulfate and nimesulide combination, while remained unchanged in the PBO patients.