

## Original Paper

# Effects of Neoprene palumbo and Geno direxa stable orthoses on pain and daily activities of patients with Patello Femoral Pain Syndrome

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### Abstract

**Background and Objective:** Patello femoral pain syndrome is one of the most common orthopedics complains, which effect athletes, militaries and ordinary people. The symptoms is idiopathic disease, but one of the most important reason for this disease can be the structural problem of lower limb and one of the efficient method of conservative treatment of patients with patello femoral pain syndrome can be using neoprene palumbo and geno direxa stable orthoses, but there is only a few experimental researches supporting the effects of these orthoses. This study was designed to determine the effects of neoprene palumbo and geno direxa stable on pain and daily activity of patients with patello femoral pain syndrome.

**Materials and Methods:** In this clinical trial study 30 male patients (18-40 years old) with patello femoral pain syndrome randomly were divided in 2 groups of 15 patients. Which were placed in Neoprene palumbo and Geno direxa stable orthoses groups respectively. The pain intensity and activity of daily living joint rigidity were assessed before, during and 3 weeks after treatment by visual analogue scale (VAS) and KOOS questionnaire. Following both orthoses application data were analyzed using pair and independent t-test.

**Results:** In both groups the mean of pain intensity decreased and daily physical activity increased after treatment ( $P < 0.05$ ), but there was not significant difference between neoprene palumbo and geno direxa stable methods, on pain and daily physical activities.

**Conclusion:** This study indicated that Neoprene palumbo and geno direxa stable orthoses improved the sign of patello femoral pain syndrome including pain intensity and daily life, activity.

**Keywords:** Neoprene palumbo, Geno direxa stable, Patello Femoral Pain Syndrome (PFPS), Activity of Daily Living (ADL), Pain intensity

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