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Facilitators and Barriers in physical activity engagement for knee osteoarthritis patients
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Objective To identify facilitators and barriers of a regular physical activity practice for knee osteoarthritis patients.
Method Qualitative, prospective study, based on semi-structured interviews and focus groups; stopping interviews leans on the principle of data saturation.
Results Twenty individual interviews and two focus groups were conducted with knee osteoarthritis patients (27 patients). The study population consisted of 18 women and 8 men, mean age 67 years old and BMI 29.2. They were mostly retired and lived in urban areas. The main facilitators are physical (physical well-being, reduction of pain, glance of other), personal (culture of physical activity, lifestyle, psychological well-being), societal (social link, lifestyle, glance of society) and environmental (living environment). They differ by sex, performance concept for men and others eyes for women. The barriers are psychological (fear of pain), physical (knee pain, performance concept) and societal (social link, lifestyle). The main facilitators are physical (physical well-being, reduction of pain, glance of other), personal (culture of physical activity, lifestyle, psychological well-being), societal (social link, lifestyle, glance of society) and environmental (living environment). These facilitators and barriers can help improve adherence to these guidelines.
Keywords Osteoarthritis; Knee; Physical Activity; Facilitators
Barriers Qualitative study; Adherence
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References
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