



**THE 10th NATIONAL CONGRESS AND
THE 15th ANNUAL SCIENTIFIC MEETING**
of Indonesian Physical Medicine and Rehabilitation Association
(KONAS X & PIT XV PERDOSRI) in conjunction with
THE 15th ASIAN SPINAL CORD NETWORK (ASCoN XV)


**ACCREDITED
BY IDI**



*Holistic Rehabilitation Care
for Optimizing Quality of Life
in Person with Spine Disorders*

26th - 30th October 2016
Holiday Inn Hotel, Kemayoran, Jakarta - Indonesia

ORGANIZED BY :
The Indonesian Physical Medicine and Rehabilitation Association (PERDOSRI)

ABSTRACTS AND PROGRAM BOOK



THE 15th ASIAN SPINAL CORD NETWORK (ASCoN XV)

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Oral Presentation - 4 Musculoskeletal Rehabilitation

The Effect of Music Therapy To Decrease Pain Perception When Getting Intraarticular Injection For Knee Osteoarthritis

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Background: Osteoarthritis (OA) is the most common joint disease; it is a consequence of cartilage degradation. OA may affect several joints, especially weight-bearing joints such as the knees. A joint's cartilage degradation is clinically recognized by a gradual development of pain, stiffness, and loss of motion. Besides surgery, which is recommended for severe cases, there are a wide variety of Knee OA therapies commonly used include intraarticular injection. Intraarticular injection for knee OA is an invasive procedure that can be stressful and painful. Music listening is associated with both pain and stress reducing effects. The purpose of this study is to determine the effect of music therapy using classical and popular music to decrease pain perception when getting intraarticular injection. **Material and Methods:** Patients eligible for the study were males and females aged 35 - 60 years. According with the criteria of the American College of Rheumatology, OA was confirmed with physical exploration diagnosis of knee pain (weight bearing pain 4 - 10) plus one of the following: bone crackling with movement, morning stiffness ≤ 15 min, or articular hypertrophy. And grade I-II knee OA was confirmed by radiology according to the Kellgren-Lawrence grading system. Exclusion criteria included: An intra-articular injection of any substance administered within the last 6 months. Interventional with randomized controlled trial was used along with pre and post test in 30 knee osteoarthritis patients. Patients were obtained from Sehati Medika Clinic during the period of October 2012 - January 2013 and divided randomly into three groups: Mozart group that listened Eine Kleine Natchmusik, pop group that listened Goodbye (air supply) and non music group that listened none (10 patients for each group). **Results:** It showed decreasing sistole and diastole of blood pressure ($p < 0.01$), heart rate ($p < 0.045$) and increasing oxygen saturation ($p < 0.135$) both of Mozart and Pop group after music listening for 15 minutes. Both of them felt light pain ($p < 0.001$) and more relax but non music group felt moderate (90%) to severe pain (10%) when getting intraarticular injection. All of patients want to listen music when next injection. **Conclusion:** Music therapy could gave pain distraction, relaxation and comfortable effect in patients undergoing intraarticular injection for knee OA.

Keywords: Intraarticular Injection, Knee Osteoarthritis, Music Therapy, Pain.

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