

**THE EFFECT OF PATELLAR MOBILIZATION AND QUADRICEPS
SETTING EXERCISE ON PAIN REDUCTION IN KNEE
OSTEOARTHRITIS AMONG THE ELDERLY**

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ABSTRACT

Background: Knee osteoarthritis is a joint disorder caused by the degeneration of articular cartilage, which leads to the formation of new bone on the joint surface. This condition results in muscle and tendon weakness, limiting physical activity, decreasing quality of life, and reducing work productivity—particularly among the elderly. **Objective:** To determine the effect of Patellar Mobilization and Quadriceps Setting Exercise on pain reduction in elderly individuals with knee osteoarthritis. **Methods:** This research used a quasi-experimental two-group test design with pre-test and post-test. A total of 30 elderly subjects participated. The research instrument was a questionnaire, and pain intensity was measured using the Visual Analog Scale (VAS). The interventions—Patellar Mobilization and Quadriceps Setting Exercise—were conducted three times per week for four weeks. Data were analyzed using the Wilcoxon test. **Results:** The Wilcoxon test showed a p -value = 0.001, indicating a significant effect of the interventions on reducing knee osteoarthritis pain in the elderly after four weeks of treatment. **Conclusion:** There is a significant effect of Patellar Mobilization and Quadriceps Setting Exercise on reducing pain in elderly individuals with knee osteoarthritis.

Keywords: Patellar Mobilization, Quadriceps Setting Exercise, Knee Osteoarthritis Pain