

Research



**ASSIGN
BUSTER**

Physical Therapy Introduction Therapy of Osteoarthritis The results of the treatment of osteoarthritis offered new information about osteoarthritis such as proposal on therapists' assessment, incorporating internal and external factors that cure the disease (Petursdottir, Arnadottir & Halldorsdottir, 2010, p. 2). Besides, Participants discovered internal factors such as individual attributes and personal experience of exercising. Further, external factors such as physical and social environment, to act as both facilitator and barrier to activity participation and pattern using, during the therapy osteoarthritis (OA) were discovered.

The findings linked with the studies done at Vancouver School of doing phenomenology to develop methods of answering the research questions. Moreover, the chosen method increased knowledge and understanding of the phenomena.

The research used clinical, theoretical and policy findings as significant factors in the therapy of the disease. Clinical treatment incorporated exercises, to lessen the pain and rise fitness, as well as well-being of a patient (Petursdottir, Arnadottir & Halldorsdottir, 2010, p. 3). Besides, theoretical aspects entailed the development of a conceptual model, which indicated many external and internal factors as having significant impacts on the exercise behavior among people with osteoarthritis. Policy in the curing of the disease included the adaptation of regular exercises at least thrice a day. Regular exercise would assist osteoarthritis patients to ease their muscles and reduce pain with joints around their hips and knees. Strict following of clinical, theoretical and policy aspects of osteoarthritis would greatly heal various patients and assist in reducing pain within their joints.

Logic and Form of Findings

Readers were able to hear and understand the phenomena studied, since the participants talked about physical therapists and physical therapy, as the main factors of the study. Moreover, clear communication of the members and a sense of positive connection equally contributed to an important aspect of the physical results.

Readers can find elements of the research report, since all the aspects of the osteoarthritis categorized in the research, for easy access and analysis of the research findings. In addition, knowledge of the disease and practical experiences incorporated into the research report for readers to understand phenomenal aspects of osteoarthritis.

Overall presentation of the research was suitable for the purpose, method and findings since statistics taken by the participants included the interpretation of charts and figures with analysis. Moreover, different participants used included variables from each individual such as age, sex, employment and education of the members.

Source: Petursdottir, Arnadottir & Halldorsdottir, 2010.

, relevant steps were followed to the final findings of the research and recorded in a table shown

Source: Petursdottir, Arnadottir & Halldorsdottir, 2010.

There was a coherent logic to the presentations of the report, since the report incorporated a research method, collection of sample as participants and collection of data and data analysis of the findings before the presentations of the report.

Evaluation Summary

The findings provide credible reflection of reality since the results of the study included stretched information on implementers and barriers, based

<https://assignbuster.com/research-essay-samples-12/>

on workout behavior of people affected with osteoarthritis (OA), which healed the disease and reduced pain within the joints hence the findings of the research can be used in nursing practice.

The findings add to the current knowledge that physical exercise is necessary for the therapy of osteoarthritis since the exercises reduce pain within joints around the hip and knee.

The critical appraisal of the study is that results indicated adaptability, motivation and other external and internal factors as a major exercise included in the lifestyle of people with osteoarthritis (OA)(Petursdottir, Arnadottir, & Halldorsdottir, 2010, p. 11).

References

Petursdottir, U., Arnadottir, S. A & Halldorsdottir, S 2010, Facilitators and Barriers to Exercising among People with Osteoarthritis: A Phenomenological Study, *Physical Therapy*, 90, 7, pp. 1014-1025.