

**Assessment of the Impact of Physiotherapy on Health
Related Quality of Life (HRQoL) of Patients with Arthritis
in the Pretoria Area of South Africa**

Ushotanefe Useh¹ and Mandisa Boilane²

*¹School of Environmental and Health Sciences, North West University,
Mafikeng Campus, South Africa*

*²Physiotherapy Department, University of Limpopo, Medunsa Campus,
Pretoria, South Africa*

E-mail: Ushotanefe.Useh8@nwu.ac.za or efeuseh@gmail

KEYWORDS HRQoL. EuroQol. Arthritis. Osteoarthritis. Rheumatoid Arthritis

ABSTRACT The aim of this study was to assess the impact of physiotherapy on HRQoL of patient with arthritis. The design for this study was a prospective survey design. The EuroQol tool was used to collect data. The participants in this study were 32 patients attending arthritis clinic in Soshanguve district clinic of Pretoria North. The outcome of this study revealed that there was no significant impact of physiotherapy on all domains of HRQoL (mobility (p=1.00), self care (p=0.37), usual activity (p=0.48), pain (p=0.06), anxiety or depression (p=0.20) and health state (p=0.28). While on the other hand there was a significant effect on the best imaginable health state (p=0.0001). Though there was no statistical significance of the impact of physiotherapy in all domains there was however improvement in the state of health within the different domains.