
Distinctive Educational Approaches Make a Difference On BMI & Lower Extremity Recovery Time

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Abstract

Research shows that arthritis or rheumatism is the leading cause of disability in the United States. Movement is Life (MIL) is a project focused on raising awareness about the health risks associated with immobility in the US. A “vicious cycle” is present between obesity, increased load on joints, increased arthritis, and immobility. MIL attempts to stop the cycle by educating patients on the importance of physical activity and healthy diet on quality of life. Compelled to explore the effectiveness of different educational materials, we sought out to compare the effect, if any, between the multimedia approaches used in MIL versus a single media intervention in patients with chronic lower extremity pain in a clinical setting. We interviewed 50 patients with lower extremity pain at an orthopaedic clinic in Southeastern Texas. Participants were asked a series of questions to quantify their lower extremity pain, its interference with their everyday lives, and eating and exercise habits. We then separated the participants into a group receiving MIL multimedia as a colorful brochure with website references and an educational video of the program (N=40). The second group solely received an educational black and white page with information and exercises specific to their diagnosis along with a healthy diet page (N=10). The data was analyzed using a T-test and a Chi Square test to aid in the comparison of the two groups, as well as within group changes at the time of the first and second survey.

¹ Toda comunicación relacionada a este resumen debe dirigirse a los autores al siguiente correo electrónico:
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