Associations Between WOMAC Function Scores and Changes in Sedentary Bouts Following a ZILRETTA Injection in Individuals with Radiographic Knee Osteoarthritis
Erica Zurbuch

BACKGROUND: Knee osteoarthritis (OA) patients experience functional deficits and engage in greater sedentary behavior in comparison to healthy individuals. Intra-articular corticosteroid injections are a course of treatment prescribed to reduce pain and improve overall function. It is unknown whether changes in sedentary behavior after receiving a corticosteroid injection are linked to perceived physical function.

PURPOSE: To determine associations between WOMAC Function subscale scores and changes in sedentary time from baseline to 4 and 8 weeks in individuals with knee OA after receiving a ZILRETTA corticosteroid injection.

METHODS: 30 patients (63.5±7.42 yrs; 28.59±3.44 kg/m²) with radiographic knee OA completed the WOMAC Function subscale and the average number of daily sedentary bouts was assessed from ActiGraph GT9X Link at baseline, 4-weeks, and 8-weeks-post-injection. Associations between WOMAC Function scores and the Δsedentary bouts were measured using Pearson product-moment correlations.

RESULTS: No statistically significant associations were observed between WOMAC scores and Δsedentary bouts from baseline to 4 weeks (r=0.102,p=0.598) and 8 weeks (r=0.283,p=0.160).

CONCLUSION: Changes in sedentary bouts following a ZILRETTA injection were minimal and were not linked to WOMAC Function scores. Future studies should consider the effectiveness of combined corticosteroid injections and activity promotion on self-reported physical function.