

improvements" in pain relief and functional improvement, respectively, with TA-ER (43%, 43%) compared to IACS (13%, 13%) and IAHA (19%, 13%). More patients reported a longer duration of pain relief and functional improvement (months), respectively, with TA-ER (51%, 44%) versus IACS (28%, 28%) and IAHA (19%, 25%). **Conclusions:** Knee OA has a tremendous impact on quality of life, and patients have significant unmet treatment needs. Patients and physicians identified similar attributes as very important in making knee OA treatment decisions. TA-ER is a useful addition to the physicians' armamentarium with patients reporting a higher magnitude and duration of knee OA symptom relief relative to other IA injections.

PMS76

ASSESSMENT OF HEALTH-RELATED QUALITY OF LIFE IN PATIENTS OF KNEE OSTEOARTHRITIS IN QUETTA, PAKISTAN

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Objectives: To assess the impact of knee osteoarthritis on health-related quality of life in Quetta, Pakistan. **Methods:** A cross sectional survey was conducted in different hospitals of Quetta city, Pakistan from July to September 2019. EQ5D-3L self-administrated questionnaire was used with already diagnosed 392 patients of knee osteoarthritis and SPSS version 23 was used to analyze the data. **Results:** The majority (n=241, 61.5%) belongs to age group between 53 to 62 years, and were male (n=249, 63.5%). After checking the educational status of patients' majority (n=90, 23.0%) had bachelors and (n=98, 25.0%) were housewives. According to the income resources majority (n=126, 32.1%) had no income, and (n=258, 65.8%) belonged to urban areas. The overall mean scores for EQ5D was 0.0504 ± 0.2560 and was score was 54.33 ± 8.625. Major contributing factors that are significantly associated with lower HRQoL were age, gender and monthly income (p<0.05). **Conclusions:** The study concluded that in patients with knee OA had significantly low health related quality of life. Prevention and early intervention of knee OA in older population ought to be prioritized. Special concentration should be given to older patients, females and people with low income so HRQoL of patient could be improved and that disease could be properly managed.



PMS77

PILOT INVESTIGATION OF THE QUALITY OF LIFE AND SOCIO-DEMOGRAPHIC FACTORS OF PATIENTS UNDERWENT TOTAL HIP ARTHROPLASTY IN THE PRIVATE HEALTH CARE SECTOR IN HUNGARY

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Objectives: The present study aimed to examine the socio-demographic data of patients operated in the private sector with total hip arthroplasty in anterior dissection and to compare their quality of life before and after surgery. **Methods:** The patients with hip prosthesis surgery at a private clinic in Pécs, Hungary (n= 58 persons: 35 females and 23 males, mean age: 64 years) were selected by a representative sampling technique. The patients completed a complex questionnaire before and 6 weeks later the surgery. The survey was carried out between April and November 2019. We evaluated the patients' socio-demographic data, circumstances of their diseases and the surgical operation. Two international, validated questionnaires were also filled out (SF-36 and Oxford Hip Score). Descriptive statistical analysis and paired T-test were performed to analyze the data. **Results:** The highest proportion of respondents lived in a chief town of a county (25 persons, 43%) or towns (19 persons, 33%). Most of them were highly educated (55%) and 41% of patients had secondary education. 52% of the participants were pensioners, 34.5% were intellectual workers. 65.5% of patients (38 persons) were married, 10% were single, and 12% was a widow. 83% of the surgeries were carried out due to arthrosis. After 6 weeks, their quality of life showed a significant increase (SF-36 physical health measures increased from 38.8 points to 65.6 points, mental health measures increased from 66.5 points to 81 points, p<0.001). Oxford Hip Score also showed a significant enhancement (from 22 points to 35.6 points, p<0.001). **Conclusions:** We can conclude that urban patients using the services of the private care sector are highly or secondary educated, most of them are retired or intellectual workers. Our results indicate that total hip arthroplasty significantly improves the quality of life, considering either mental or physical health.



PMS78

THE EFFECTS OF NEUROMUSCULAR TRAINING PROGRAM AMONG PROFESSIONAL ICE HOCKEY PLAYERS

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Objectives: Our purpose was to assess the effectiveness of the 6-week neuromuscular training program among ice hockey players in Hungary. **Methods:** We examined professional ice hockey players in the summer of 2018. The number of the participants in the training group was 20 (22.2±2.3 age) and in the control group was also 20 participants (18.7±1.08 age). Taking samples was quantitative,



prospective. The training group carried out 12 neuromuscular trainings along with their pre-season training twice a week (60 minutes). We established the criteria of exclusion in case of acute injury, missing a training twice. Examination methods: 1) examination of lumbar motor control (Stabilizer Pressure Biofeedback) 2) examination of core stability (sport-specific endurance plank test). **Results:** The performance of the training group became significantly (p<0.001) better in lumbar motor control (before 20.5±5.1 mmHg - after 13.6±4.3 mmHg). The performance of the control group before the intervention was 23.1±6.2 Hgmm and after training 21.2±5 Hgmm. The training improved (p<0.001) the plank test performance of the training group significantly (achieved level before 5.6 - after 7.8). The plank test performance of the control group got better (achieved level before 4.9 - after 5.8), but not significantly. **Conclusions:** The neuromuscular training had a positive impact on the strength of the core muscles, a significant difference was found between the performances of the two groups. A better sport performance and a decrease in the number of injuries is expected from the improvement of the strength of the core muscles.

PMS79

PHASE 1B EVALUATION OF PATIENT EXPERIENCE WITH ABALOPARATIDE SOLID MICROSTRUCTURED TRANSDERMAL SYSTEM IN POSTMENOPAUSAL WOMEN WITH LOW BONE MINERAL DENSITY

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Objectives: To evaluate the usability of abaloparatide solid microstructured transdermal system (ABL-sMTS) as measured by overall persistence, satisfaction, and acceptability of study therapy. **Methods:** A total of 22 healthy, postmenopausal (PMP) women, aged 50-85y, with BMD T-score < -1.0 and > -5.0 at the lumbar spine or hip were treated in this single-arm open-label study. Subjects were trained to self-administer the ABL-sMTS once daily to their anterior thigh for 5 minutes, alternating sides, for a period of 29 days. ABL-sMTS usability was measured by user error incidence, satisfaction, and acceptability, by subject diary as well as total used ABL-sMTS returned at each study visit. Treatment satisfaction was measured with the psychometrically validated Treatment Satisfaction Questionnaire for Medication short form (TSQM-9) Global Satisfaction and Convenience domains. The TSQM-9 domain scores were calculated according to the User Manual (Version 1.1, October 2018) with higher scores representing higher satisfaction for each domain. Acceptability was measured using a 5-point Likert scale (1=least acceptable/negative; 5=most acceptable/positive). **Results:** All 22 PMP women completed the study. Mean age was 65.2y, mean T-score was -1.32 at the total hip and -1.98 at the lumbar spine. The success rate for self-administration at first application over 29 days was 99.7%. ABL-sMTS adhesion scores were ≥90% throughout the study; none detached prior to completion of the 5-minute wear time. Subjects were satisfied with ABL-sMTS with mean TSQM Global Satisfaction and Convenience scores on day 15 being 64.29 (range 21.4-92.9) and 74.49 (range 38.9-100.0) respectively. Overall acceptability was high with the mean acceptability of 4.5. **Conclusions:** This is the first evaluation of a novel transdermal, self-administered, multi-dose regimen of ABL-sMTS in PMP women with low BMD. Subjects had no difficulty with daily self-administration of ABL-sMTS. Overall satisfaction, convenience and acceptability were high, supporting continued clinical development of ABL-sMTS.



PMS80

EXAMINATION OF THE CORE- AND PERINEAL MUSCLES IN CASE OF DIFFERENT MOVEMENTS

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Objectives: Sedentary lifestyle adversely affects the core and perineal-muscles. Due to this inactivity muscles get weaker, which creates defections in posture. Pilates is an optimal way of exercise to these problems because it doesn't only strengthen body-muscles, but also perineal muscles are involved simultaneously. **Methods:** The aim of this study was to measure the strength of body and perineal muscles in three groups, in addition to compare different ways of exercise for the aspect of these muscles. In this sectional, longitudinal research 34 women participated altogether: out of which 11 have sedentary jobs, who later took part in a Core-training for 7 month; 10 women who have taken up Pilates as exercise for at least one year and 13 inactive nulliparous with an active student status. I used DAVID-machine for measuring body-muscles and modified Plank-test for evaluating the stability and stamina. I examined perineal muscles with FemScan. Data analysis: ANOVA analysis with Scheffe Post Hoc test, two-patterned t-test (p<0.05). **Results:** After the training, the Core-group's core muscles became more symmetrical (p=0.043). According to the Plank test, the Core-group became significantly stronger than the student-group (p=0.001) and the Pilates-group (p=0.018). About the perineal-muscles: usually the Pilates-group achieved the best results. The student-group's perineal-muscles were significantly symmetrical than the Core-group's after the training (p=0.038). **Conclusions:** The Pilates-method turned out to be an effective way of gymnastics to improve the strength and stamina of body muscles. The Core-training proved to be

