

Post-bariatric surgery weight loss may ease knee pain

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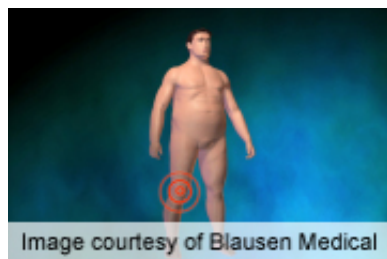


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(HealthDay)—Current evidence, though limited, suggests that bariatric surgery with subsequent marked weight loss may reduce knee complaints in morbidly obese adults, according to research published online Dec. 8 in *Obesity Reviews*.

V.A. Groen, of Onze Lieve Vrouwe Gasthuis in Amsterdam, and colleagues conducted a systematic review of the literature and analyzed data from 13 studies involving 3,837 patients receiving [bariatric surgery](#). The effects of bariatric surgery on [knee](#) complaints in morbidly obese patients were determined using one or more assessment tools.

The researchers found that a significant improvement in [knee pain](#) overall was observed in 73 percent of the assessments. Significant improvements were seen after bariatric surgery in all studies that measured knee pain intensity, knee physical function, and knee stiffness. For most of the studies, the quality of evidence was low.

"Bariatric surgery with subsequent marked weight loss is likely to improve knee pain, physical function and stiffness in (morbidly) obese adult patients," the authors write. "However, with the current available evidence, there is need for high-quality studies."

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