

# INPLASY

## Non-pharmacological Therapies in Traditional Medicine for Treating Knee Osteoarthritis: An Umbrella Review

INPLASY2023120055

doi: 10.37766/inplasy2023.12.0055

Received: 13 December 2023

Published: 13 December 2023

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### ADMINISTRATIVE INFORMATION

**Support** - Joint research project of Pudong New District of Shanghai (PW2021D-11).

**Review Stage at time of this submission** - Preliminary searches.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY2023120055

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 December 2023 and was last updated on 13 December 2023.

## INTRODUCTION

**Review question / Objective** The object is to summarize evidence from systematic reviews examining effects of non-pharmacological therapies in traditional medicine for treating knee osteoarthritis.

**Rationale** As the number of published systematic reviews on knee osteoarthritis increases, it becomes more time-consuming for evidence users to search for and read these reviews. Therefore, it is necessary to conduct overviews of systematic reviews that offer more concentrated information and higher quality evidence.

**Condition being studied** Knee osteoarthritis is a common joint disease that can cause pain,

stiffness, decreased range of motion, muscle weakness, and even disability. It not only affects patients' quality of life, but also increases the economic burden on families and society.

## METHODS

**Participant or population** Patients with a definitive diagnosis of knee osteoarthritis based on recognized diagnostic criteria.

**Intervention** The treatment group could be non-pharmacological treatments in traditional medicine alone or in combination with other treatments.

**Comparator** The control group received conventional treatment or placebo.

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**Study designs to be included** Systematic reviews and Meta-analysis.

**Eligibility criteria** Publications will be included if they meet the following criteria: 1. it was written in Chinese or English;2. It contains data on non-pharmacological therapies of knee osteoarthritis in traditional medicine;3. it is a systematic review or Meta-analysis.

**Information sources** We have searched the following databases:PubMed, Web of Science, Embase, CBM, CNKI, VIP, and Wan Fang,from inception until November 2023.

**Main outcome(s)** WOMAC,VAS,total effective rate,and other relevant indicators.

**Quality assessment / Risk of bias analysis** Data from the systematic review and meta-analysis will be assessed by the AMSTAR and GRADE systems, and the two researchers will work independently.

**Strategy of data synthesis** Data from the systematic review and meta-analysis will be assessed by the AMSTAR and GRADE systems, and the two researchers will work independently.

**Subgroup analysis** None.

**Sensitivity analysis** Not applicable.

**Language restriction** Only systematic reviews or meta-analyses published in Chinese or English will be considered for inclusion.

**Country(ies) involved** China.

**Keywords** Knee osteoarthritis,Non-pharmacological therapies,Traditional medicine,Umbrella review, Systematic review,Meta-analysis.

#### **Contributions of each author**

Author 1 - Jianguang Zhao - Head of the project;data search and analyse;article written and revision.

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