

Pilot randomised controlled trial of an early rehabilitation class versus outpatient physiotherapy following discharge from hospital after primary knee arthroplasty

Submission date 30/09/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 30/09/2004	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 29/08/2013	Condition category Surgery	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0109133246

Study information

Scientific Title

Study objectives

A randomised controlled trial of an early rehabilitation class versus outpatient physiotherapy following discharge from hospital after primary total knee arthroplasty.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Surgery: Knee arthroplasty

Interventions

Randomised trial. All patients will receive the same information for a home exercise programme consisting of the traditional exercise programme and advice about ambulation, and the control of pain and swelling.

Control group-patients will attend the out-patients department weekly for six weeks to be reviewed by an out-patients physiotherapist. Treatment given will be checking and encouragement of exercises, gait education and active and passive mobilisations of the operated knee joint.

Experimental group will attend the Early Rehabilitation Knee Class weekly for six weeks. Here they will be doing supervised exercises, consisting of knee range of movement exercises, pedals, straight leg raises, inner range quadriceps exercises and ankle exercises. This class will be led by one of the out-patient physiotherapists.

Intervention Type

Procedure/Surgery

Phase

Not Applicable

Primary outcome measure

1. Range of movement
2. Timed 10 metre walk test
3. Comparison of walking aid

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/10/2003

Completion date

30/11/2004

Eligibility

Key inclusion criteria

Patients who are waiting for a total knee arthroplasty. Having undergone a primary unilateral total knee arthroplasty, aged between 60-80 years of age, and having a diagnosis of osteoarthritis of the knee requiring a joint replacement.

Participant type(s)

Patient

Age group

Senior

Sex

Both

Target number of participants

Not provided at time of registration

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/10/2003

Date of final enrolment

30/11/2004

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Physiotherapy Department

Redhill

United Kingdom

RH1 5RH

Sponsor information**Organisation**

Department of Health

Sponsor details

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)**Funder type**

Hospital/treatment centre

Funder Name

Surrey and Sussex Healthcare NHS Trust (UK)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration