

# Rehabilitation after hip resurfacing arthroplasty (RHA)

<b>Submission date</b> 23/04/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/04/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/07/2013	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
4985

## Study information

**Scientific Title**  
Evaluation of a specific physiotherapy programme following resurfacing arthroplasty - is it more effective at improving function and muscle strength than standard rehabilitation?

**Acronym**  
Rehab after RHA

## **Study objectives**

To evaluate the effectiveness of a post-operative physiotherapy programme specifically designed to the needs of patients with hip resurfacing arthroplasty (RHA) compared to standard protocols based upon total hip arthroplasty (THA) rehabilitation guidelines.

### Hypothesis:

A specific rehabilitation programme following hip resurfacing arthroplasty (RHA) will improve functional outcome assessed at one year post surgery.

### Design:

Single blind prospective randomised clinical trial.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Oxfordshire Research Ethics Committee (REC) B approved in August 2006 with an amendment in April 2008 (ref: PB-PG-0407-13216)

## **Study design**

Randomised interventional treatment trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Topic: Musculoskeletal; Subtopic: Musculoskeletal (all Subtopics); Disease: Musculoskeletal

## **Interventions**

A specific rehabilitation programme focussing on range of hip flexion, hip extension strength and single stance higher-demand activities. The content of the rehabilitation programme has been developed following appraisal of the existing literature, focus groups with arthroplasty practitioners and by involvement of a group of patients/service users.

Data will be analysed on an intention to treat basis.

Follow up length: 12 months

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Oxford Hip Score at 6 and 12 months

## **Key secondary outcome(s)**

Measured at 6 weeks, 4 months, 12 months:

1. Timed sit-to-stand
2. Timed Single leg stand
3. Maximal isometric torque strength for flexion

**Completion date**

31/12/2009

## Eligibility

**Key inclusion criteria**

All patients (either sex, no age limit) who are listed to receive a hip resurfacing arthroplasty will be eligible to take part in the study.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

All

**Key exclusion criteria**

1. Undergoing bilateral arthroplasty
2. Minimally invasive surgery
3. Further lower limb joint surgery is planned within the next twelve months
4. Unable to provide informed consent

**Date of first enrolment**

01/09/2008

**Date of final enrolment**

31/12/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Windmill Road

Oxford

United Kingdom  
OX3 7LD

## Sponsor information

### Organisation

Nuffield Orthopaedic Centre NHS Trust (UK)

### ROR

<https://ror.org/0036ate90>

## Funder(s)

### Funder type

Government

### Funder Name

National Institute for Health Research (NIHR) (UK)

### Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
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[Results article](#)

results

01/09/2013

Yes

No