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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

Registration date
30/09/2004

Overall study status
Completed

Last Edited
29/08/2013

Condition category
Surgery

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[_] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
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

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

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

Key secondary outcome(s)

Not provided at time of registration

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

Healthy volunteers allowed
No

Age group
Senior

Sex
All

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
United Kingdom

England

Study participating centre
Physiotherapy Department
Redhill
United Kingdom
RH1 5RH

Sponsor information

Organisation
Department of Health

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Surrey and Sussex Healthcare NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration