

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

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|----------------------------------------|---------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>30/09/2004   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>30/09/2004 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>29/08/2013       | <b>Condition category</b><br>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

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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

### Study design

Randomised controlled trial

### Primary study design

Interventional

### 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