E-Poster

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Effect of Preoperative Physical Education on Postoperative Outcome in Patients With Total Hip Replacement

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Hip osteoarthritis is the leading cause of hip pain around the world. Patients are aiming to relieve pain as fast as possible and return to everyday activities. This study aims to investigate the effect of preoperative physical education on the postoperative rehabilitation of patients after Total Hip Arthroplasty (THA).

METHODS

There were 60 patients divided in two equal groups. One group was educated and the other was non-educated. Patients underwent three-day preoperative education. Subjects were compared according to their preoperative and postoperative Visual Analog Scale (VAS), Range of Motion (ROM), Harris Hip Score (HHS), Western Ontario and McMaster Universities Arthritis Index (WOMAC), and 36-Item Short Form Survey (SF-36).

RESULTS

Patients' general characteristics were similar among groups. Patients that received preoperative training had lower VAS scores on postoperative day 42 ($p < 0.05$), and greater ROM on postoperative day 42 ($p < 0.05$). The postoperative HHS score was bigger and WOMAC score lower on day 42 in the educated group ($p < 0.05$). The patients in the educated group had no complications. There were no differences in the SF-36 questionnaire.

CONCLUSION

Patients that underwent preoperative rehabilitation protocol before THA had lower pain and disability scores and better functional outcomes.

Statement of Disclosures

None

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