

Is an exercise regime in addition to routine mobilization/gait re-education of improved benefit to function/QOL in post-operative adult THR's?

Clinical Bottom Line

There is no evidence that additional exercise regimes in addition to normal post-op therapy provides improvements to a patients function or QOL.

No change in clinical practise is recommended.

Criteria for Critically Appraised Topic

Population: Post-op adult THR's, hemi-arthroplasty, DHS, hip joint re-surfacing

Intervention: Exercise programme, supervised exercise, rehab/gum classes, hydrotherapy, joint protection programme

Comparison: Routine mobilisation, gait re-education, advice leaflet

Outcomes: Participation, independence, function, ADL, QOL, patient satisfaction

Exclusion: under 18yrs

Databases Searched: Cochrane, Medline, Amed, Cinahl, Embase, Naric, OT Seeker

Key words searched:

- Post-op adult THR's
- Hemi-arthroplasty
- DHS
- Hip joint re-surfacing
- Exercise programme
- Supervised exercise
- Rehab/gum classes
- Hydrotherapy
- Joint protection programme
- Routine mobilisation
- Gait re-education
- Advice leaflet
- Participation

- Independence
- Function
- ADL
- QOL
- Patient satisfaction

Database Searched (Specific to CAT)	Number of abstracts	Number of Relevant Abstracts
Cochrane	8	2
Embase	25	2
Cinahl	43	3
Medline	17	1
Amed	9	
Naric	2	1
OT Seeker	10	
Total	114	9

Results

114 abstracts were initially evaluated, however 9 articles were reviewed in detail. There were no articles that presented a post-operative exercise regime, however there were many examples of exercise regimes pre-operatively.

Overall there is no evidence to support a post-operative exercise regime improves function or QOL in addition to routine mobilization/gait re-education in adult THR's.

References

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