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A comparison between a mobility programme alone and a standard physiotherapy rehabilitation approach, on the functional outcome of patients following primary total hip arthroplasty.

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ABSTRACT

The purpose of the study was to compare the outcome in patients following primary total hip arthroplasty, between those receiving a mobility programme alone, as compared to bed exercises and a mobility programme, at discharge from hospital. Thirty-six patients were randomly allocated to either the control or experimental group using a concealed allocation process. The control group received a programme of supervised bed exercises and were mobilised according to the standard postoperative mobility protocol. The experimental group were mobilised according to standard protocol. On the third/fourth and sixth/seventh day postoperatively, patients were assessed by a blinded assessor on functional ability, pain at rest, and active range of hip flexion and abduction. The results indicated no difference in functional ability ($p=0.99$), pain at rest ($p=0.83$) and active range of hip flexion ($p=0.19$) or abduction ($p=0.12$), on the seventh/eight day postoperatively, between the control and experimental groups. In conclusion bed exercises appear to offer no additional benefit to patients post THA, during the acute hospitalisation phase. However this should not be extrapolated to THA patients who have prolonged bed rest periods postoperatively.