

Effectiveness and cost-effectiveness of a novel rehabilitation strategy in people undergoing primary total knee replacement surgery. The MARKER (Maximum Recovery After Knee Replacement Surgery) Study.

ACTRN12609000054213

Status	RECRUITING
Sponsor	Dr Marlene Fransen
Enrollment	600 participants

Plain Language Summary

This study — called the MARKER Study — is comparing two approaches to rehabilitation after total knee replacement surgery. The usual approach starts outpatient physiotherapy sessions right after leaving hospital. This study is testing a new approach: starting with simple exercises at home, then attending outpatient group exercise classes about six weeks later when the body is more ready. Researchers believe waiting until the body has healed more may lead to better long-term outcomes.

You may be eligible if:

- You are between 45 and 74 years old
- You are having a first-time (primary) total knee replacement on one or both knees
- You are able to give informed consent
- You will be discharged home after surgery

You may NOT be eligible if:

- You have had a previous partial knee replacement or bone-cutting procedure on the same knee
- You had another lower limb joint replacement in the past 6 months
- You expect to need another lower limb joint replacement within 12 months
- You have a serious health condition that stops you from doing moderate exercise
- You have rheumatoid arthritis or a major neurological condition
- You cannot travel to one of the study sites for exercise classes

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- undergoing unilateral or bilateral primary total knee replacement surgery, able to provide informed consent, able to be discharged home from the orthopaedic ward

Exclusion (1)

- (i) previous unicompartmental replacement or tibial osteotomy on the same knee, (ii) previous lower limb joint replacement surgery within the last six months, (iii) further lower limb joint replacement surgery anticipated within the next 12 months, (iv) major co-morbidity precluding aerobic exercise at 50-60% maximum heart rate, (v) rheumatoid arthritis, (vi) major neurological conditions, or (vii) inability to return to one of the participating sites for outpatient exercise classes

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12609000054213>

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