

Short term benefits of prehabilitation for Total Knee Joint Replacement (TKJR)

ACTRN12614000190606

Status RECRUITING
Sponsor Monash University
Enrollment 100 participants

Plain Language Summary

This study is looking at whether doing exercises before a total knee replacement surgery (called prehabilitation) helps people recover faster afterward. Osteoarthritis of the knee causes pain and limits movement, and knee replacement surgery is a common fix. Researchers want to find out if strengthening the knee and improving fitness before the operation leads to better short-term results at St Vincent's Private Hospital in Melbourne.

You may be eligible if:

- You are 40 years of age or older
- You are scheduled for an elective total knee replacement at St Vincent's Private Hospital, Kew, Victoria

You may NOT be eligible if:

- You are having both knees replaced at the same time or having a partial knee replacement
- You have a serious ongoing health condition that is likely to affect your recovery, such as severe COPD, multiple sclerosis, a significant heart condition, severe mental illness, intellectual disability, or Alzheimer's disease

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

Key Eligibility Criteria

Inclusion (1)

- Patients undergoing an elective TKJR at St Vincent's Private Hospital in Kew, Victoria, Australia..

Exclusion (3)

- Bilateral TKJR's/Unicompartmental Knee Replacements (UKR)
- UKR
- Significant co-morbidities likely to affect recovery from surgery i.e chronic condition – COPD, MS, Cardiac Condition, severe mental illness, ID, Alzheimer's.

Locations (1 total)

St Vincent's Private Hospital - Fitzroy, VIC, Australia