

A Randomised Controlled Study on the Maxm Skate: A Lower Limb Rehabilitation Device for use following Total Knee Arthroplasty.

ACTRN12616001081404

Status RECRUITING
Sponsor Professor Jeganath Krishnan
Enrollment 116 participants

Plain Language Summary

This study is for people who are having a total knee replacement. It tests a portable rehabilitation device called the Maxm Skate — a gliding board that lets you do knee strengthening exercises at home with less stress on the joint — to see if it helps people regain range of motion and recover better than standard physiotherapy alone.

You may be eligible if:

- You are 30 years of age or older
- You are having a first-time total knee replacement for osteoarthritis, traumatic arthritis, or rheumatoid arthritis
- You are able to do a home exercise program on your own without constant supervision
- You are willing and able to give informed consent

You may NOT be eligible if:

- You have an emotional or neurological condition (such as mental illness, intellectual disability, or drug/alcohol problems) that would prevent you from participating
- You cannot safely perform home exercises without supervision or assistance

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

Key Eligibility Criteria

Inclusion (5)

- The patient received a primary total knee arthroplasty due to non-inflammatory degenerative joint disease (e.g. osteoarthritis and traumatic arthritis) or inflammatory joint disease (e.g. Rheumatoid Arthritis).
- The patient must understand the conditions of the study and be willing and able to provide written informed consent.
- The patient is a skeletally mature male or a non-pregnant female, 30 years of age or older.
- The patient agrees to comply with the specified preoperative and postoperative study requirements.
- Patients will be consented for participation prior to TKA.

Exclusion (3)

- The patient has an emotional or neurological condition that would pre-empt their ability to participate in the study including mental illness, intellectual disability and drug or alcohol abuse.
- Any patient who is unable to meet the requirements of the use of the Maxm Skate Rehabilitation Device:
- Patient is unable to perform home exercise program without supervision or assistance.

Locations (1 total)

Flinders Private Hospital - Bedford Park, SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001081404>

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