

Pilot (Feasibility) Study of Personalised Internet-based Rehabilitation Program Incorporating Electronic Functional Monitoring after Total Knee Arthroplasty

ACTRN12616001589471

Status	RECRUITING
Sponsor	Trifecta Pty Ltd
Enrollment	50 participants

Plain Language Summary

This study is testing an internet-based rehabilitation program for people having knee replacement surgery (total knee arthroplasty). The program combines pre-surgery preparation and post-surgery recovery through a tablet device with wearable activity monitors, and addresses both physical recovery and psychological factors like anxiety or unhelpful thinking patterns. Researchers want to know if this approach improves pain, function, and quality of life after surgery.

You may be eligible if:

- You are 18 years of age or older
- You are scheduled for total knee replacement surgery
- You are willing and able to use a tablet or smart device
- You have access to the internet at home

You may NOT be eligible if:

- You are not willing to engage with an internet-based program
- You are unwilling to complete questionnaires about your psychological and physical health

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

Key Eligibility Criteria

Inclusion (5)

- Age >18 years
- Patients considered suitable for a total knee arthroplasty by their treating surgeon
- Patients willing to give written informed consent and to participate and comply with the requirements of the study.
- Willing and able to use a Smart device (e.g. a tablet)
- Has internet access

Exclusion (2)

- Patients who are not willing to engage with an internet-based functional monitoring and treatment program.
- Patients unwilling to complete a series of validated psychological and functional self-report questionnaires

Locations (1 total)

Royal North Shore Hospital - St Leonards, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001589471>

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