

Effectiveness of a Prehabilitation Program for Hip or Knee Arthroplasty Surgery.

NCT06721897

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Jaén
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (5)

- Diagnosis of hip OA stage I-III of the Tönnis classification or diagnosis of knee OA stage I-IV of the Ahlbäck classification
- Patients requiring hip/knee arthroplasty surgery
- Signed informed consent
- Obtaining a score equal to or greater than 8 repetitions in the Sit to Stand test
- Patients with the ability to walk without technical aids or in need of some help (up to two canes or a walker)

Exclusion (5)

- Cognitive deficit/Dementia states
- Cancer processes
- Associated vascular and inflammatory pathologies
- Associated neurological pathologies
- Contraindications to physical exercise

Locations (1 total)

Hospital Universitario San Cecilio- Distrito Sanitario Metropolitano Granada, Granada, Spain