

The Effects of Mir Shakeel Teleintegrated Therapy Plan on Pain, Range of Motion, Gait, Functional Outcomes and Quality of Life in Patients Undergoing Total Knee Arthroplasty

NCT07239258

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mir Shakeel Ahmad
Enrollment	120 participants

Key Eligibility Criteria

Inclusion (4)

- Patients who have underwent a primary unilateral total knee arthroplasty due to osteoarthritis
- Able to participate in a rehabilitation program, either telerehabilitation or in-person, and demonstrate sufficient mobility with or without assistive devices (e.g., crutches, walker) as deemed appropriate for post-TKA therapy.
- Participants must have reliable access to a smartphone, tablet, or computer with internet connectivity and the ability to engage in video calls.
- Willing and able to provide informed consent, and to comply with all study protocols, including scheduled therapy sessions and follow-up assessments.

Exclusion (5)

- Presence of significant comorbidities or complications that could interfere with safe participation in rehabilitation, such as severe cardiovascular disease, or conditions causing significant immobility (e.g., severe osteoarthritis in other joints or Rheumatoid Arthritis).
- Previous knee replacement or other significant knee surgeries on the same knee, as this may impact the standardization of rehabilitation outcomes.
- Currently enrolled in another physical therapy or rehabilitation trial, or engaging in additional rehabilitation outside the study protocol.
- Cognitive impairment or severe visual or hearing impairments that would prevent them from following therapy instructions or engaging with telerehabilitation technology.
- Any other conditions or factors that, in the opinion of the investigators, could hinder compliance with the study procedures or put the participant at undue risk.

Locations (1 total)

Ghurki Trust and Teaching Hospital, Lahore, Punjab Province, Pakistan