

Flex Therapist CEUs

Total Hip Replacement and Early Progressive Resistance Training

1. This study shows that, in the year following total hip replacement surgery, a home-based PRT program is just as efficacious as standard rehabilitation for improving all of the following, except:

- A. Quadriceps maximum voluntary contraction
 - B. Sit to stand reps
 - C. Six minute walk test
 - D. Skeletal muscle mass in the operated leg
-

2. Relative to home-based PRT patients, the control group showed greater improvement at final follow up in which measure of physical function?

- A. Stair climb performance
 - B. Timed up and go test
 - C. Sit to stand reps
 - D. Quadriceps maximum voluntary contraction
-

3. All the measures assessed improved significantly over time for both treatment groups, except for:

- A. Timed up and go test
 - B. Six minute walk test
 - C. Stair climb performance
 - D. Lean mass of the operated leg
-

4. Participants of the home-based PRT intervention showed compliance rates on average of _____ than the recommended minimum.

- A. 50% more
 - B. 25% more
 - C. 25% less
 - D. 50% less
-

5. A previous study suggested that the lack of a significant benefit for a home-based, intensified, early postoperative regime may be due to the fact that not all post-operative THR patients can perform exercises effectively without supervision.

- A. True**
 - B. False**
-

6. Following 12 weeks of resistance training in patients immediately post-THR, the center-based rehabilitation intervention conducted in a previous study was able to restore objective functional parameters such as:

- A. Timed up and go test**
 - B. Normal gait speed**
 - C. Stair climb performance**
 - D. Sit to stand reps**
-

7. For the six minute walk test, the values obtained in this study after 9 - 12 months for the home-based PRT and control groups were equal to that for healthy community-dwelling matched adults without hip osteoarthritis.

- A. True**
 - B. False**
-

8. Study results suggest that center-based regimens are not able to produce any better function improvements compared to home-based regimens.

- A. True**
 - B. False**
-

9. This study showed a significant difference in the change from preoperative values at 12 months in favor of the control group in which of the secondary outcome measures?

- A. Six minute walk test**
 - B. Timed up and go test**
 - C. Sit to stand reps**
 - D. Quadriceps maximum voluntary contraction**
-

10. It was demonstrated that a home-based PRT program is not as effective as pre-existing standard rehabilitation regimes.

- A. True**
 - B. False**
-

11. The only home-based regimes in the literature that have improved functional outcome were performed between _____ after THR.

- A. 6 and 12 months
 - B. 6 and 18 months
 - C. 6 months and 2 years
 - D. 6 months and 4 years
-

12. Effective home-based interventions may require the provision of trained home exercise specialists, which may only be effective in the THR post-recovery phase of greater than:

- A. 2 months
 - B. 4 months
 - C. 6 months
 - D. 12 months
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