

# 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
- 

Copyright © 2025 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>