

Flex Therapist CEUs

Total Hip Replacement Recovery Considerations

Does an early home-based progressive resistance training program improve function following total hip replacement? Results of a randomized controlled study

1. This study showed that a home-based PRT program is just as efficacious as standard rehabilitation in the year following total hip replacement surgery for:

- A. Improving quadriceps maximum voluntary contraction.**
 - B. Sit to stand reps.**
 - C. Skeletal muscle mass in the operated leg.**
 - D. All of the above.**
-

2. This study demonstrates that a home-based PRT program is better than pre-existing standard rehabilitation regimes.

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

Improvement of walking speed and gait symmetry in older patients after hip arthroplasty: a prospective cohort study

3. Male and female patients with THA showed a significant increase in walking speed under which condition throughout the rehabilitation period?

- A. Walking at a self-selected preferred normal walking speed.**
 - B. Walking at a self-selected fast speed.**
 - C. Both (A) and (B).**
 - D. None of the above.**
-

4. There was no significant difference in walking speed between male patients with THA and the male reference subjects on the third test day.

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

5. There was no difference in walking speed between female patients with THA and the female reference subjects on the third test day.

- A. True
 - B. False
-

6. In a recent study evaluating strength and motor performance in older female and male subjects, female subjects had lower _____ than male subjects even after correcting for lean muscle mass.

- A. Muscle strength and motor performance
 - B. Muscle strength only
 - C. Motor performance only
 - D. None of the above
-

7. The resulting parameters P1 and symmetry index for _____ patients with THA reached the values of the reference group after an intensive rehabilitation program.

- A. Male
 - B. Female
 - C. Both male and female
 - D. None of the above
-

8. There was no difference in gait symmetry parameters for the subjects in the inpatient rehabilitation phase, compared to the reference group, on the third test day.

- A. True
 - B. False
-

9. Which of the following improved during the rehabilitation period in patients following THA?

- A. Walking speed
 - B. Gait symmetry
 - C. Both (A) and (B)
 - D. None of the above
-

Pain and Function Recovery Trajectories following Revision Hip Arthroplasty: Short-Term Changes and Comparison with Primary Hip Arthroplasty in the ADAPT Cohort Study

10. Investigation of the early outcome trajectories after revision hip arthroplasty has revealed that the improvements in pain and function were mainly observed with the first _____ with no evidence of further change beyond this initial period.

- A. 1 post-operative month**
 - B. 3 post-operative months**
 - C. 6 post-operative months**
 - D. 9 post-operative months**
-

11. It was shown that there were smaller short-term changes in pain and function after revision arthroplasty than after primary arthroplasty.

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

12. This study suggests that the higher complexity or degree of trauma related to revision surgery, as compared to primary surgery:

- A. Limits the extent of the recovery.**
 - B. Increases the time taken to recover.**
 - C. Both (A) and (B).**
 - D. None of the above.**
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