

# 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
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**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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