

# Flex Therapist CEUs

## Total Knee Arthroplasty Rehabilitation Considerations

**Effect of the knee position during wound closure after total knee arthroplasty on early knee function recovery**

1. It is suggested that \_\_\_\_\_ causes postoperative anterior knee pain and affect ROM recovery.

- A. Knee skin and soft tissue tension
  - B. Shortening of the knee extension device
  - C. Both (A) and (B)
  - D. None of the above
- 

2. Wound closure with flexion angle higher than \_\_\_\_\_ degrees is effective for ROM recovery.

- A. 90
  - B. 60
  - C. 45
  - D. 15
- 

3. Wound closure in extension is beneficial for early ROM recovery.

- A. True
  - B. False
- 

**The effect of continuous passive motion and sling exercise training on clinical and functional outcomes following total knee arthroplasty: a randomized active-controlled clinical study**

4. Which of the following is a primary indicator of a successful TKA and is directly related to function?

- A. Pain
- B. ROM
- C. Swelling

#### **D. Quadriceps strength**

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**5. There is evidence that sling exercise training has a significant benefit on which of the following?**

- A. Secondary outcomes such as aFL, aEX, pEX, pain, physical activity, static postural control, length of hospital stay and health-related status, and function / quality of life.**
  - B. Medium-term effect on knee flexion ROM.**
  - C. Short-term effect on pFL of 6 degrees.**
  - D. All of the above beneficial effects were found for sling exercise training.**
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#### **Rehabilitation and Physical Therapy before and after Total Knee Arthroplasty: A Literature Review and Unanswered Questions**

**6. When started 48 hours after TKA surgery and complemented by standard rehabilitation, significant improvements were found at 3.5 weeks after surgery in \_\_\_\_\_ when NMES was applied to the quadriceps muscles twice a day at the maximum tolerable intensity for 15 contractions.**

- A. Quadriceps and hamstring muscle strengths**
  - B. Functional tests**
  - C. Knee extension ROM**
  - D. All of the above**
- 

**7. Continuous passive motion associated with rehabilitation was found to:**

- A. Reach the goal of 90 degrees knee flexion more quickly.**
  - B. Have a statistically significant higher active knee flexion at one year after surgery.**
  - C. Have a statistically significant effect on knee extension.**
  - D. All of the above.**
- 

**8. It has been suggested that CPM should be applied immediately after surgery in the recovery room, setting an initial value of 60 degrees of flexion that could be increased in the following days, according to patient tolerance.**

- A. True**
  - B. False**
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**9. Pre-operative quadriceps strength has been found to be a predictor of post-operative functional ability up to a year following surgery.**

- A. True**

**B. False**

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**10. The most important factor to be considered in stiff TKA is pre-surgery:**

- A. Balance**
  - B. Gait**
  - C. Muscle strength**
  - D. ROM**
- 

**11. The use of CPM in the classic way after TKA can have a beneficial effect on:**

- A. Extension recovery**
  - B. Reduction of thromboembolic risk**
  - C. Knee flexion**
  - D. All of the above**
- 

## **Hip Abductor Strengthening Exercises Following Total Knee Replacement - A Need or Luxury**

**12. A high intensity rehabilitation program showed better improvement in functional performance measures when compared to a low intensity rehabilitation program of age-matched and sex-matched controls.**

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

**13. In view of the findings in this study, it is postulated that hip abductor strengthening exercises are likely to be the catalyst for the improvement in the physical function following total knee replacement.**

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

## **Circuit training enhances function in patients undergoing total knee arthroplasty: a retrospective cohort study**

**14. The most significant finding in the present study was:**

- A. A 24-week circuit training resulted in a decrease of pain and an increase of ADL and SF, along with an increase in stride length and excursion of knee ROM in gait analysis.**
- B. The increase in all muscle strength were demonstrated in a temporal fashion in both exercise and control group and circuit training seemed to not further increase the**

**maximal muscle strength.**

- C. Earlier recoveries in gait parameters, KOOS, and SF-36 at mid-exercise assessment for the exercise group were well demonstrated.**
  - D. All of the above.**
- 

**15. Circuit training is postulated to:**

- A. Further increase maximal isokinetic muscle strength.**
  - B. Enhance the muscle coordination which facilitates the performance of walking and daily function.**
  - C. Both (A) and (B).**
  - D. None of the above.**
- 

**16. This study's post-operative circuit training intervention was shown to be safe and effective in improving and hastening the functional recovery after TKA surgery, but only when there is also enhancement of lower limb muscle strength.**

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