

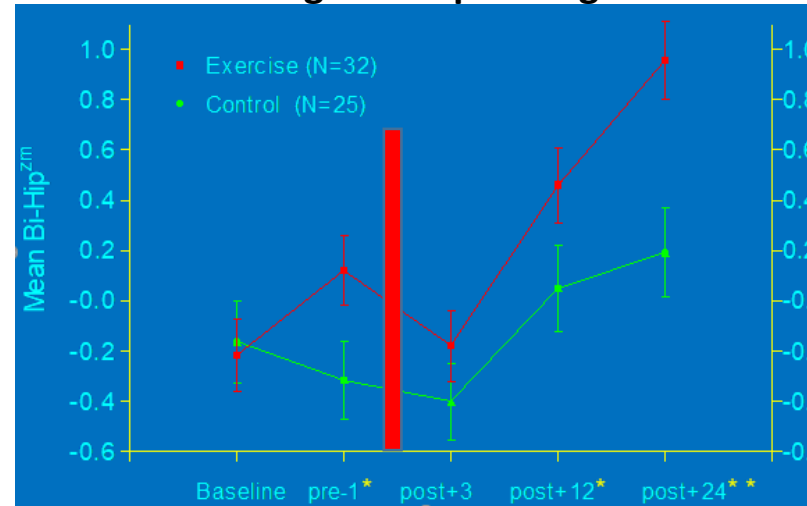
# Exercise improves outcomes for hip replacement (THA) patients

**Introduction:** Clinical experience suggests that fit, strong patients generally rehabilitate more quickly after THA surgery, but to date, little scientific evidence exists to support this. Unfortunately, patients on long waiting lists often deteriorate in function prior to surgery.

**Study Methods:** 57 patients were allocated to exercise or usual care (control) groups. The exercise group completed 8 weeks of pre- and post-operative exercise at HFRC. Outcome scores were recorded through to 2 years.

**Results:** Pre-surgery exercise improves levels of pain, stiffness, physical function, range of motion and muscle strength in patients with end-stage hip arthritis. Post-operative exercise rehabilitation not only maintained the functional advantage, but also increased the rate of improvement for patients compared to 'usual care'.

Changes in Hip Strength



*Exercise may delay, but certainly helps prepare for THA surgery. The functional gains made here set the patient on a strong path to recovery, especially if the exercise is continued post-op.*

**Take-home message**

Dr Helen Gilbey HFRC