

activity coach in TKA following a homebased exercise program

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON26247

Source

NTR

Health condition

TKA
totale knie prothese

Sponsors and support

Primary sponsor: MST Enschede

Source(s) of monetary or material Support: not applicable

Intervention

Outcome measures

Primary outcome

physical functioning Timed Up and Go (TUG)

Secondary outcome

physical functioning: 2 Minutes Walk Test (2MWT)

activity level: activity diary and 3D accelerometer

activity and participation level: Knee Osteoarthritis Outcome Score (KOOS)

health care consumption in relation to TKA till 1 year postoperative

Study description

Background summary

Patients in which the expectancy is that they could rapidly recover after a Total Knee Arthroplasty should not always go to the physical therapist. This group of patients could benefit from a homebased exercise program. The effect of exercise training depends on adherence to the activity instructions. The activity coach is an app on a smartphone. Patients wear the smartphone the whole day with them. The activity coach measures the activity level of the patient and gives feedback on it to the patient. The hypothesis is that if patients receive an activity coach alongside a home based exercise program, they are more active in Activities of Daily Living. This results in better physical functioning and better recovery after a TKA

Study objective

Hypothesis is that patients following a homebased exercise program after a TKA recover better if they receive an additive activity coach

Study design

preoperative

postoperative start homebased exercise program (3 days after surgery)

postoperative 2 weeks

postoperative 6 weeks

postoperative 3 months

postoperative 1 year

Intervention

Control group: homebased exercise program of 2 weeks (mobility, muscle force) instructed by specialised physical therapists.

Intervention group: homebased exercise program of 2 weeks (mobility, muscle force) instructed by specialised physical therapists and use of the activity coach.

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The activity coach is developed by the Roessingh Research & Development (RRD) and is researched on other patient populations, such as COPD and Total Hip Arthroplasty. It gives the patient feedback about his activity level and doing exercises.

de patiënt feedback over zijn activiteitsniveau en het uitvoeren van oefeningen.

Contacts

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Eligibility criteria

Inclusion criteria

- receive a TKA
- Preoperative 2 Minutes Walk Test > 120 metre
- BMI<30

- Absence of bad habit, Gang Analyse Lijst Nijmegen the following items 'no'
 - o Too little arm sway
 - o Too little knee extension
 - o Too little knee flexion
- Active coping, measured with the Patiënt Activatie Meting (PAM) >60 points
- signed informed consent
- independent in activities of daily living
- supplementary insurance for physical therapy or declare oneself ready to pay 180 euro for physical therapy

Exclusion criteria

- Comorbidities (such as heart or lung diseases, orthopaedic problems, cancer, etc) so that the patient could not follow a homebased exercise program and/or could not walk dynamic
- Postoperative complications, open wounds, infections, >3 days staying in the hospital.
- known with severe mental disorders

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending

Start date (anticipated): 01-05-2015
Enrollment: 0
Type: Anticipated

Ethics review

Positive opinion
Date: 22-03-2015
Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 41807
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4864
NTR-old	NTR5109
CCMO	NL52370.044.15
OMON	NL-OMON41807

Study results