Rehabilitation after hip arthroscopy: comparison of two treatment strategies.

No registrations found.

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

Summary

ID

NL-OMON29357

Source
NTR

Brief title
N/A

Health condition

Femoroacetabular impingement (FAI)Femoroacetabulair impingement (FAI)
Hip labral pathology
Labrumletsel van de heup
Hip arthroscopy rehabilitation
Postoperatieve revalidatie na heupartroscopie

Sponsors and support

Primary sponsor: Sport Medisch Centrum Papendal
Universitair Medisch Centrum St Radboud, IQ healtcare
Rijnstate ziekenhuis
Source(s) of monetary or material Support: fund = initiator = sponsor

Intervention

Outcome measures

Primary outcome

-Number of therapy sessions;

-Hip function measured by the International Hip Outcome Tool 33 (IHOT-33);

-Perceived pain measured by Visual Analogue Scale (VAS) (included in IHOT-33).

Secondary outcome

- (Sport) Activity level measured by the Patient Specific Complaints Scale (PSK);

-Passive Range of Motion (ROM) of the hip ;

-Leg length (clinical and anatomical);

-Hip function in stance measured by the Trendelenburg test ;

-Hip provocation maneuvers (anterior hip impingement test, flexion/abduction/exorotation test, resisted straight leg raise test, McCarthy test, Thomas test and Fitzgerald test),

Study description

Background summary

The amount of hip arthroscopies performed has rised considerably in the last few years. These arthroscopies are often performed for the treatment of Femoroacetabular impingement (FAI) and/or labral pathology of the hip. However, it is unclear what the postoperative physiotherapeutic intervention should consist of. Several studies have described rehabiliation protocols, but none have been thoroughly investigated. Futhermore, these protocols differ in frequency and duration of treatment as well as in supervised versus none supervised rehabiliation. This could mean that patients are currently being over- or undertreated. Therefore the goal of this study is to compare two physiotherapeutic rehabiliation strategies (supervised versus less supervised) in patients who undergo hip arthroscopy for FAI and/or labral pathology. The hypothesis is that both groups will equally recover in the long term, but in the short term the supervised group will recover faster.

Furthermore, patient satisfaction for each of the rehabiliation strategies will be measured.

In order to achieve this goal patients will be randomised into two groups. Both groups receive the same postoperative rehabilitation with the same exercises. Group 1 receives treatment and conducts these exercises supervised by a physiotherapist twice a week. They conduct the exercises once more every week unsupervised (at home). Group 2 conducts these exercises three times a week at home. Once every three weeks they receive treatment and supervision of the exercises by a physiotherapist. Measurements will be performed pre operative and 6, 12 and 18 weeks post operative with an one and two-year follow-up. Primary

outcomes of this study are the number of treatments, hip function measured by the Internation Hip Outcome Tool 33 (IHOT-33) and the amount of perceived pain measured by Visual Analogue Scale (VAS).

Study objective

The aim of the study is to compare two physiotherapeutic rehabiliation strategies (supervised versus less supervised) in patients after hip arthroscopy for FAI and/or labral pathology. The hypothesis is that both groups will equally recover in the long term, but in the short term the supervised group will recover faster. Furthermore, patient satisfaction for each of the rehabiliation strategies will be measured.

Study design

The complete rehabilitation will take 18 weeks, excluding the pre operative consult and one year follow-up measurement. The measurements are conducted at the following timepoints:

T0 – pre operative

T1 – direct post operative (within 1th week)

T2 – 6 weeks post operative

T3 – 12 weeks post operative

T4 – 18 weeks post operative

T5 – 1 year post operative

The total amount of therapy sessions for group 1 is 44 and for group 2 is 7. This excludes pre operative intake and the one year follow-up measurement.

Intervention

Patients undergoing hip arthroscopy will be randomized. Both groups receive the same postoperative physiotherapeutic rehabilitation with the same exercises. Group 1 will conduct these exercises supervised by a physiotherapist twice a week and unsupervised (at home) once a week. Group 2 will conduct these exercises three times a week at home with supervision by a physiotherapist once every three weeks. The exercises consist of strength and stability exercises as well as self mobilisations of the hip, pelvis and lumbar spine. When necessary, both groups will also receive manual mobilisations by a physiotherapist untill full range of motion is restored. However, group 1 receives these mobilisations twice a week untill full range of motion is restored. Group 2 receives these mobilisations once every three

weeks untill full range of motion is restored. Full range of motion is defined as identical range of motion for the operated versus the non-operated side.

Contacts

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Eligibility criteria

Inclusion criteria

-Patients between 18 and 50 years of age with unilateral hip pain;

-Diagnosed with FAI and/or labral pathology of the hip by means of hip arthroscopy;

-Treated for FAI and/or labral pathology (labral fixation) of the hip during hip arthroscopy with a weight-bearing restriction for 6 weeks;

-Patients willing to sign informed consent.

Exclusion criteria

-Intra articular hip disorders diagnosed with hip arthroscopy other than FAI and/or labral pathology;

-Other conditions, such as cardiovascular disease, that can influence therapy effects;

-Contra-indications for the hip arthroscopy procedure;

-Inability to speak or understand the Dutch language;

-Inability to comply with postoperative rehabilitation and exercises due to other reasons, such as a lack of time etcetera.

Study design

Design

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

Recruitment

NL

Recruitment status:	Suspended
Start date (anticipated):	01-06-2013
Enrollment:	26
Type:	Anticipated

Ethics review

Positive opinion

Date:	07-06-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

No registrations found.

In other registers

Register	ID
NTR-new	NL3840
NTR-old	NTR4028
Other	CMO Arnhem-Nijmegen : 2012/248
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A