Rehabilitation after hip arthroscopy: comparison of two treatment strategies.

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Ethische beoordeling	Positief advies
Status	Werving tijdelijk gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29357

Bron
Nationaal Trial Register

Verkorte titel
N/A

Aandoening

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

Ondersteuning

Primaire sponsor: Sport Medisch Centrum Papendal
Universitair Medisch Centrum St Radboud, IQ healtcare
Rijnstate ziekenhuis
Overige ondersteuning: fund = initiator = sponsor

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

-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).

Toelichting onderzoek

Achtergrond van het onderzoek

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).

Doel van het onderzoek

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.

Onderzoeksopzet

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.

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

Sport Medisch Centrum Papendal
Papendallaan 7

Marsha Tijssen
Arnhem 6816 VD
The Netherlands
088-088-1350

Wetenschappelijk

Sport Medisch Centrum Papendal
Papendallaan 7

Marsha Tijssen
Arnhem 6816 VD
The Netherlands
088-088-1350

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

-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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

-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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-06-2013
Aantal proefpersonen:	26
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	07-06-2013
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten

Samenvatting resultaten
N/A