

2nd International Conference and Expo on

Novel Physiotherapies

June 09-11, 2016 London, UK

Immediate unrestricted versus graduated weight bearing after primary cementless total hip arthroplasty: A randomized controlled trial

Magdy Shabana¹, Mahmoud A Hafez², Khaled Ayad³, Mohamed Abd Elfatah³ and Lilian Albert Zaky³¹College of Applied Sciences, Saudi Arabia²October 6 University, Egypt³Cairo University, Egypt

Introduction: Few guidelines indicate immediate unrestricted weight bearing after cementless total hip arthroplasty (THA). Stability and ingrowth may be jeopardized by immediate loading of the implant while functional recovery may be promoted.

Patients & Methods: This is a prospective study on 20 patients who managed with cementless THA and then randomized into immediate unrestricted group and graduated weight-bearing group. Clinical assessments used Harris hip score (HHS) and short physical performance battery (SPPB) immediately after surgery (initial assessment) and then 6 and 12 weeks postoperatively. Radiographs were evaluated for vertical migration of femoral stem.

Results: There was no statistically significant difference between the HHS and SPPB measured at different times of assessment in the 2 studied groups. In unrestricted weight-bearing group, no statistically significant difference in radiological vertical micro-migration of femoral stem between different assessment times was found; while in graduated weight bearing, there was statistically significant increase in the radiological vertical micro-migration of femoral stem measured at 6 and 12 weeks when compared to initial assessment.

Conclusion: No adverse effect of immediate unrestricted weight bearing with cementless THA was found.

Biography

Magdy Shabana is working as an Assistance Professor at Buraydah Private College, KSA. He has completed his PhD in Physical Therapy at Cairo University in 2013, Masters in Physical Therapy in 2009, Bachelor's degree in Physical Therapy at Cairo University, Egypt in 1990. He served as a Registered Physical Therapist in South Carolina and New York State (license #015288-1) and practiced as a Physical Therapist with 26 years of experience in the field between Egypt and United States of America dealing with all Medicare PT and all changes in coverage specially PPS and RUG.

mmashabana@hotmail.com

Notes: