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Is outpatient physical therapy after total knee arthroplasty clinically effective?

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An NIH consensus statement identified a void in our understanding of the usefulness of outpatient physical therapy following total knee arthroplasty (TKA) surgery. Evidence does exist that intensive quadriceps strengthening following the in-patient and home health phases can successfully improve physical function. Collectively however, it is still not clear whether outpatient physical therapy focusing on strengthening exercise improves physical functioning in patients after TKA. This lecture describes the differences in physical function and mobility in TKA recipients that suggests it is clinically useful to undergo outpatient physical therapy. A descriptive analysis of previously published studies showed outcomes with employing outpatient physical therapy versus those studies where outpatient physical therapy was not employed reveals clinically important differences in physical function (SF-36pcs, Timed Up and Go, Stair Climbing Test, the six-minute Walk Test) 3, 6, and 12 months following surgery. After discussing the systematic review of TKA literature, a new innovative exercise protocol for individuals following TKA will be introduced. The new exercise utilizes characteristics of eccentric contraction for the quadriceps femoris, and it can successfully accelerate mobility level. Based on a successful clinical trial with using eccentric training equipment (i.e. eccentric), the author has investigated if the downhill walking exercise can provide the similar effect. The first results from a case study will be introduced in the lecture.

Biography

Yuri Yoshida has completed her PhD degree from University of Delaware and Postdoctoral studies from University of Utah. She is an Assistant Professor at University of Evansville. She is currently investigating a new gait training with utilizing eccentric contraction of quadriceps for individuals after knee replacements.

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