



# Prehabilitation is Effective to Improve Clinical Outcomes for Patients Receiving Total Knee Replacement at Tseung Kwan O Hospital

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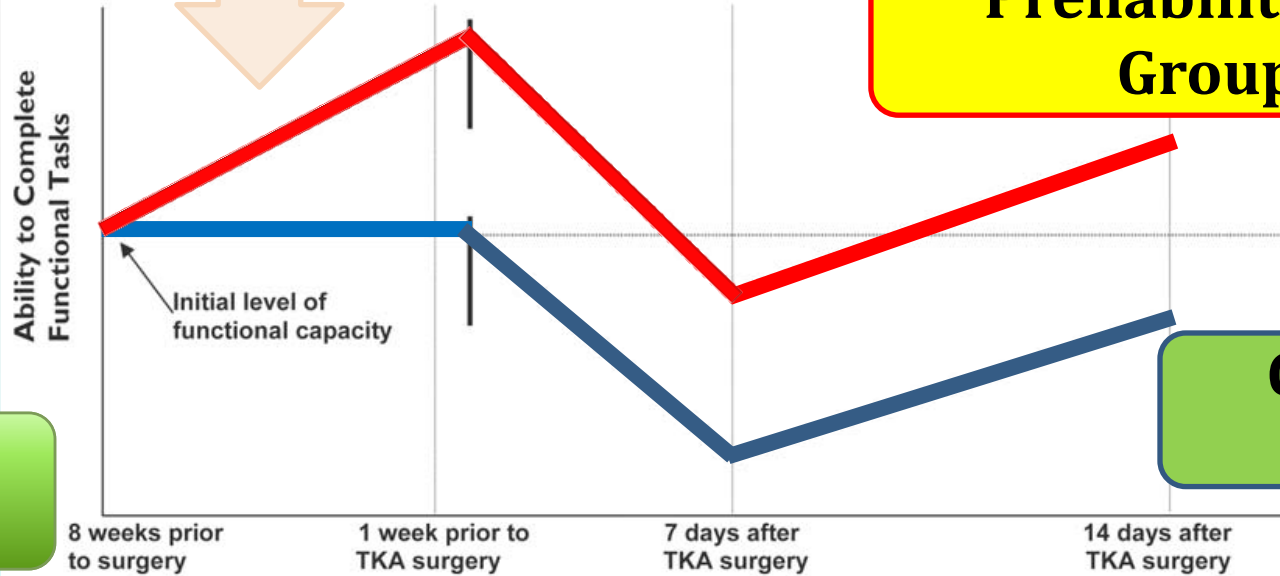
## TEAM of Prehabilitation



# Prehabilitation

- ◆ Promote speedy recovery by optimizing individual's physical and psychological conditions by **PHYSIOTHERAPIST**

Physical condition improving in Prehabilitation group compared with control group



**TKR  
Surgery**

**Prehabilitation  
Group**

**Control  
Group**

## Reference

Topp R, Swank A.M, Quesada P, Nyland J, Malkani A. (2009) The Effect of Prehabilitation Exercise on Strength and Functioning After Total Knee Arthroplasty. The American Academy of Physical Medicine and Rehabilitation 2009;1;729-735

International council on active aging (2009)

# Physiotherapy Prehabilitation Workshop (IPC-Knee)

Integrated Prehabilitation Clinic  
(IPC-Knee) Launched in 2011:  
One-stop, Same-day  
Multidisciplinary Educational  
Workshop to Patients and Carers

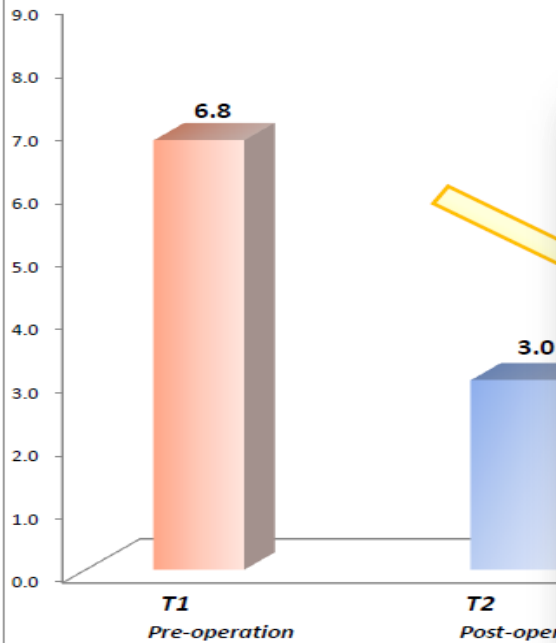
*Assessment*

*Education*

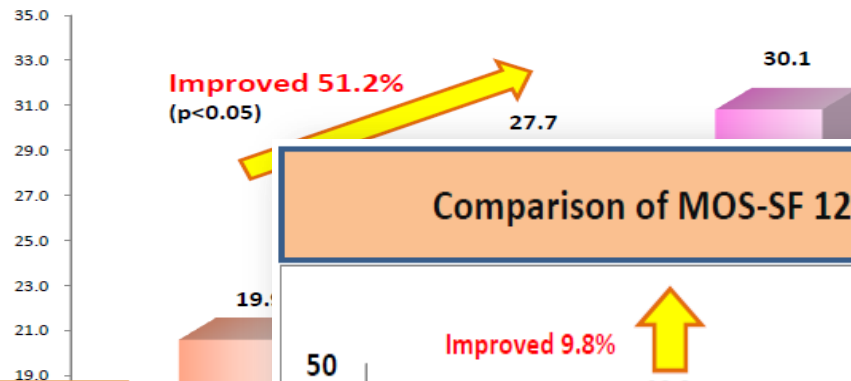
*Exercise Training*

*Empowerment*

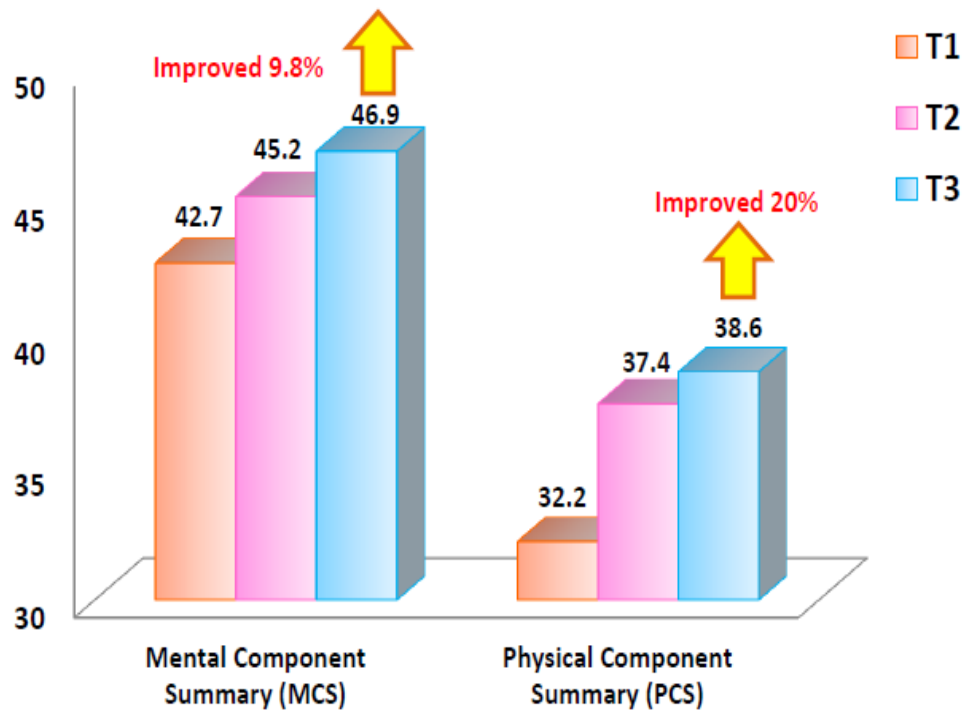
Comparison of Mean Pain Level (NPRS) between T1 to T3



Comparison of Oxford Knee Scale between T1 to T3



Comparison of MOS-SF 12 between T1 to T3



on on enhancing

(T1)

## Outcome Measures

- NPRS sig. diff.  
↓79%(p<0.05)
- OKS sig. diff.  
↑51.2%(p<0.05)
- SF12:  
MCS ↑9.8%(p=0.048)  
PCS ↑20%(p=0.01)

# Conclusion

- Prehabilitation improves patients outcomes especially in pain and knee function
- Patients and carers highly appreciated the physiotherapy workshop
- Promulgate this new concept of management to other clusters