

Client success story

Exercise Rehabilitation for Arthritis Conditions

Injury/Condition:
Total Knee Replacement



Profile at initial assessment

55 year old male

- ◆ Ceased work in May 2021 due to worsening osteoarthritis and increase knee pain
- ◆ Total Right Knee Replacement, permitting increased engagement in ADL's, however ongoing limitations in walking and ambulating on uneven surfaces
- ◆ Poor Lower Extremity Functional Index scores, as well as demonstrating poor lower limb strength, endurance and mobility with high levels of maximal pain reported



The program:

- ◆ 11 supervised gym-based reviews completed over a 16-week period
- ◆ Provision of a combination of lower limb mobility, resistance and endurance training
- ◆ Inclusion of community-based, recreational (meaningful) activity-focused sessions including walking with wife

Key Health Marker outcomes:

- ◆ 31% improvement in Lower Extremity Functional Index scores
- ◆ 8 point improvement in Short Form Orebro score, now indicating reduced risk of long term disability
- ◆ Significant improvements in client specific functional scores, indicating improved QOL
- ◆ Post-program significant improvements in reported knee pain and specific and functional lower limb strength



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“Before I started the rehab program, I was starting to think I was destined for a life of pain and struggle, but now after everyone's care, help and professionalism... I've started a new career and am not pain free but well on my way to a better outcome than I ever thought possible just 7 months ago.”

10/10
NPS

Key RTW outcomes:

Ceased work:	1/12/2021
At program commencement	Certified unfit for all duties
Initial return to work	Prior to final supervised review 30th March 2022
Program completion date	30/3/2022
At program completion	Certified fit for pre-disability hours and final medical certificate

Other reported benefits from the program:

- ◆ Demonstrated **excellent adherence** to the exercise program, attending the gym in excess of 3 times a week and completing additional walking sessions
- ◆ **Re-engagement** in previously enjoyed hobbies and recreational activities such as working in his garage and camping
- ◆ At program completion, reported feeling **empowered and extremely confident** to maintain exercise program independently.

Further reading: Lin, I et al. (2018). *What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review.* British Journal of Sports Medicine.



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