

Project Title

Effect of Exercises Video Intervention in Recovery after Total Knee Replacement

Organisation(s) Involved

Tan Tock Seng Hospital

Project Period

Start date: 11-2016

Completed date: 01-2017

Aims

The aim of this study is to investigate the effectiveness of an innovative exercise video, where patients will be doing exercises independently with guidance, in augmenting rehabilitation outcomes after a TKR.

Background

After TKR, patients undergo intensive rehabilitation immediately to regain mobility. To facilitate recovery, patients are often advised and educated to do exercises on their own time in the ward using an exercise brochure. However, it might not be the best method to motivate patient and help them to recall the exercises. Using the concept of guided exercises videos, it can possibly increase exercise dosage and higher confidence level in execution of exercises.

Methods

Patients were given access to the guided exercise videos on a tablet device (consisted of 6 bed exercises with auditory cues and safety advice) during their free time in in-patient stay in addition to standard physiotherapy treatment. They are encouraged to do the exercises together with the video at their own times.

Results

Patients using exercises video demonstrated greater improvement (7 degree more) in knee range of motion and patients were more confident and more motivated in performing the exercises.

Conclusion

Access to rehabilitation videos post-operatively can improve clinical outcome and patient's reported outcome. This also allow patient to participate in meaningful rehabilitation activities at their own preferred time.

Additional Information

Availability of videos is limited (limited iPads, limited internet connection to access videos), Preference of usage as patients may not be technology savvy.

Project Category

Technology, Clinical Improvement

Keywords

Technology, Clinical Improvement, Knee Exercises Video, Video Technology, Total Knee Replacement, Mobility Rehabilitation, Orthopedics Rehabilitation, Post Operation Rehabilitation, Patient Education, Self-Care, Tan Tock Seng Hospital, Allied Health, Physiotherapy, Care Continuity, Patient Empowerment, Improve Clinical Outcome, Patient Reported Outcome

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