

## Functional Outcome and Pain in Post Total Knee Replacement After Intervention with Sport Medicine Structured Rehabilitation Program: A Retrospective Study

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### INTRODUCTION:

A structured rehabilitation program post total knee replacement (TKR) has significant impact on the pain and functional outcome. A retrospective study aims to evaluate functional outcome and pain following intervention.

### METHODS:

A retrospective study, 92 patients post TKR in Orthopedic department of Hospital Tuanku Jaafar Seremban (HTJS) underwent sport medicine structured rehabilitation program during the period of June 2018 to January 2020. Data records for pain score, analgesic requirement, range of motion, time taken of being independent of assistive ambulatory device, knee injury and osteoarthritis outcome score (KOOS score) traced from files.

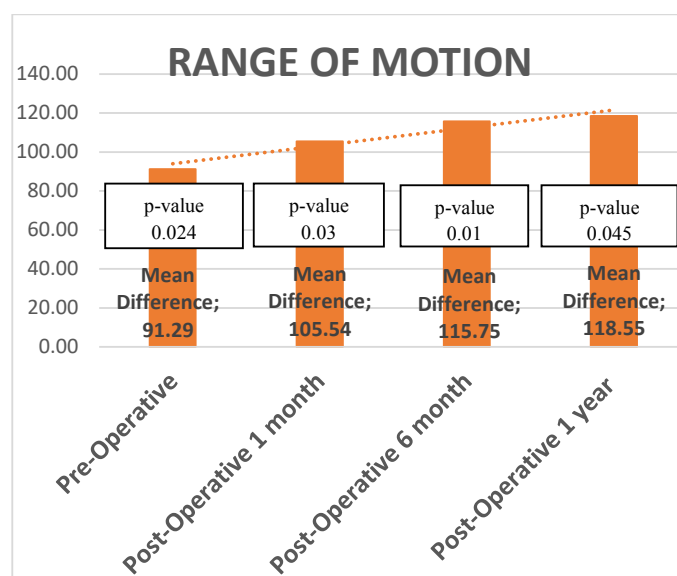
### RESULTS:

Mean knee range of motion improve from 1<sup>st</sup> month (105.54), 6<sup>th</sup> month (115.75) until the 12 month (119.25), p-value < 0.05. Reduced mean pain score with drastic improvement post intervention. Mean analgesic dependency reduced postoperatively with p-value less than 0.05. Shorter time taken of being independent of assistive ambulatory device. Improve mean knee injury and osteoarthritis outcome score (KOOS), preoperative 62.25, post-operative 1 month 73.70 and 1-year score 82.32

### DISCUSSIONS:

Supervised, individualized structured rehabilitation program post TKR yield good functional outcome. However, the economic impact and financial liabilities and expenses of both patients and health care system should be considered, not applicable to all

patients. Therefore, patient selection is imperative.



### CONCLUSION:

Elderly unmotivated patient with comorbidities, good family support should be strongly considered to embark supervised structured rehabilitation program to prevent adverse functional outcome, poor pain-control postoperatively in both short and long-term.

### REFERENCES:

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