

AOS, INC.-Alabama Orthopaedic Society

Walking Program Improves Outcomes for THA Patients

January, 2012

According to information from a Norwegian study published online in the journal *Arthritis Care & Research*, patients who take part in a walking regimen after total hip arthroplasty (THA) for osteoarthritis (OA) show improved physical function over control patients. The researchers randomized 68 patients to either a training group (n=35) in which patients engaged in 12 70-minute physical therapy sessions covering activities such as sitting to standing, walking over obstacles, climbing stairs, etc., or a control group (n=33). Compared to baseline measures taken 3 months post-surgery, 66% of patients in the training group and 15% of patients in the control group had improved their walking distance to 50 meters or more at 5 months post-surgery. At 12 months post-surgery, patients in the training group showed greater improvement in walking distance and stair climbing abilities than controls.

Executive Director: Mike Merrill, Esq. ★ 2012 Seaton Park ★ Montgomery, AL 36116

Tel: 334-279-9755 ★ Mobile: 334-391-1967 ★ Fax: 334-277-2035

Email: jmikemerrill@gmail.com

Web address: www.aosdocs.com