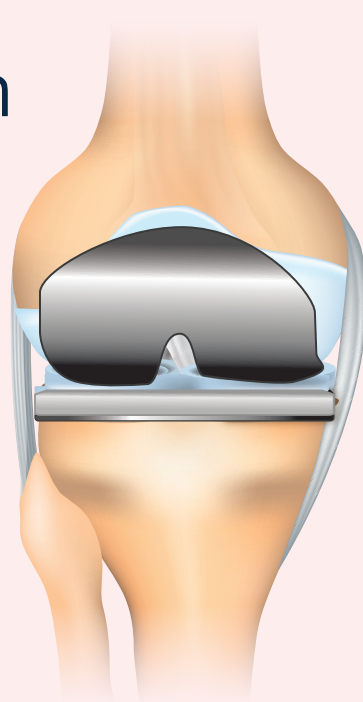


# Personalized Rehabilitation After Total and Unicondylar Knee Arthroplasty

Knee arthroplasty (KA) is becoming increasingly common in younger patients, who often have high postoperative recovery expectations, including resumption of work and knee-demanding leisure activities



Using goal attainment scaling (GAS) to personalize rehabilitation in accordance with patients' individual goals can improve patient satisfaction and outcomes



Single-center randomized controlled trial



120 Patients

- ✓ Age <65 years
- ✓ Working outside the home
- ✓ Scheduled to undergo unicompartmental or total KA

60 patients  
GAS rehabilitation

- ✓ Personal activity goals developed preoperatively

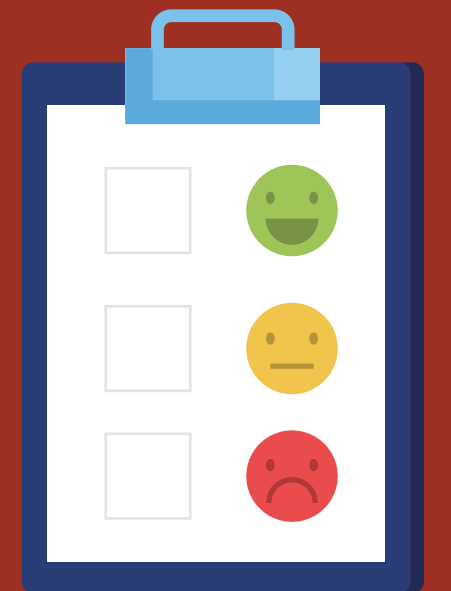


60 patients  
Standard rehabilitation

- ✓ Standard outpatient physiotherapy visits



Feedback via visual analog scale (VAS) 1 year postoperatively



VAS score

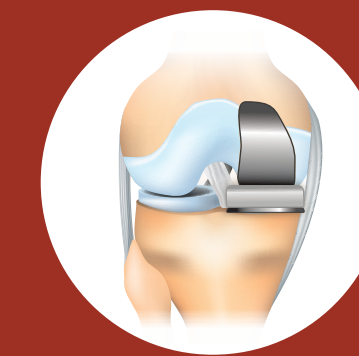
■ GAS rehabilitation group ■ Standard rehabilitation group



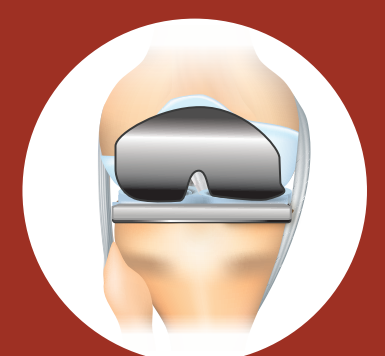
Work activities

Daily living and leisure-time activities

No difference between



and



Unicompartmental KA

Total KA

**GAS rehabilitation results in higher patient satisfaction with work activities than standard rehabilitation 1 year after KA**

Goal Attainment Scaling Rehabilitation Improves Satisfaction With Work Activities for Younger Working Patients After Knee Arthroplasty: Results from the Randomized Control ACTION Trial

Hoorntje et al. (2020) | DOI: 10.2106/JBJS.19.01471

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