

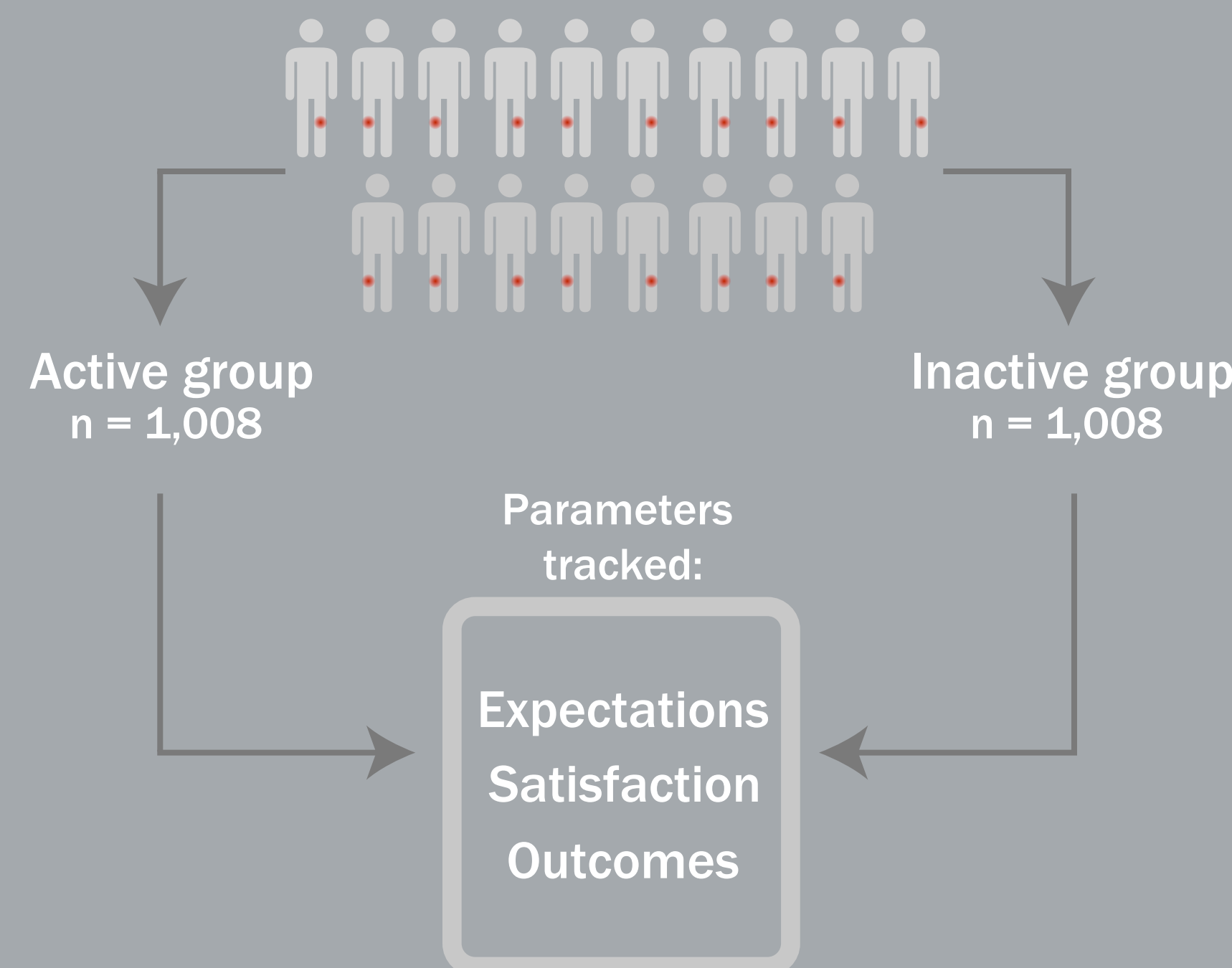
# Impact of Preoperative Activity Levels on Total Knee Arthroplasty (TKA) Postoperative Outcomes



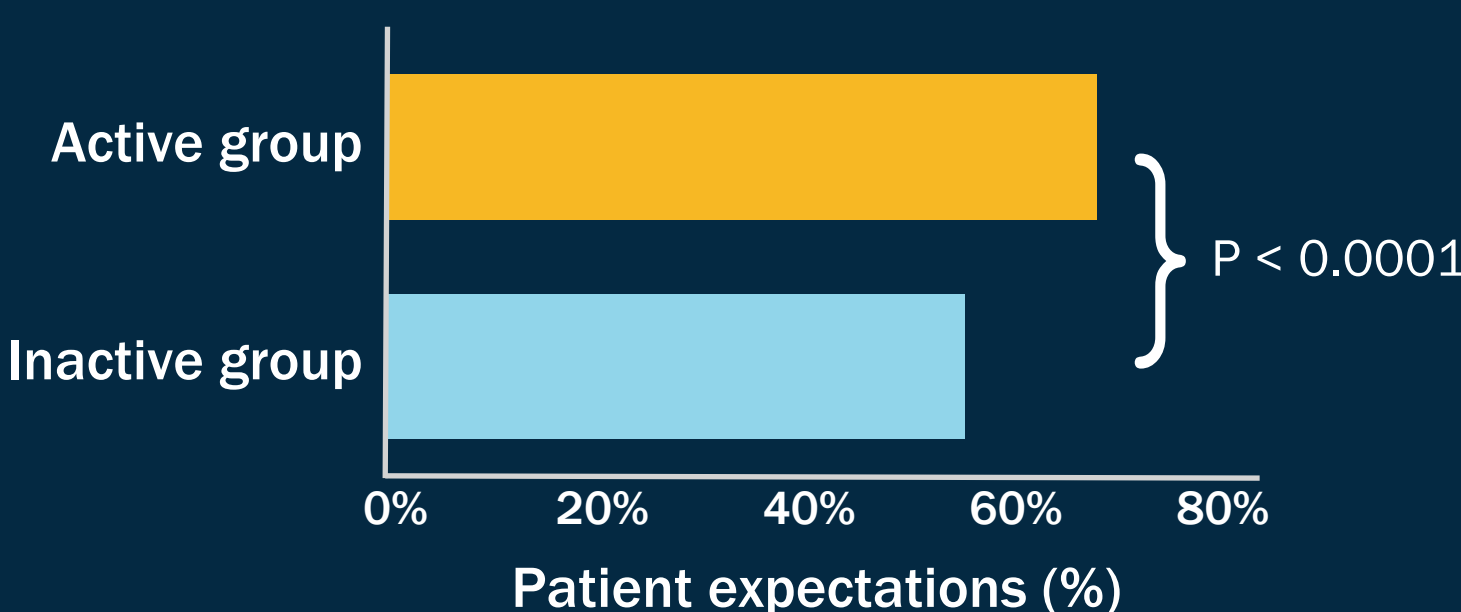
Expectations of patients undergoing TKA include:

- pain relief
- functional improvement
- restoration of physical activity levels

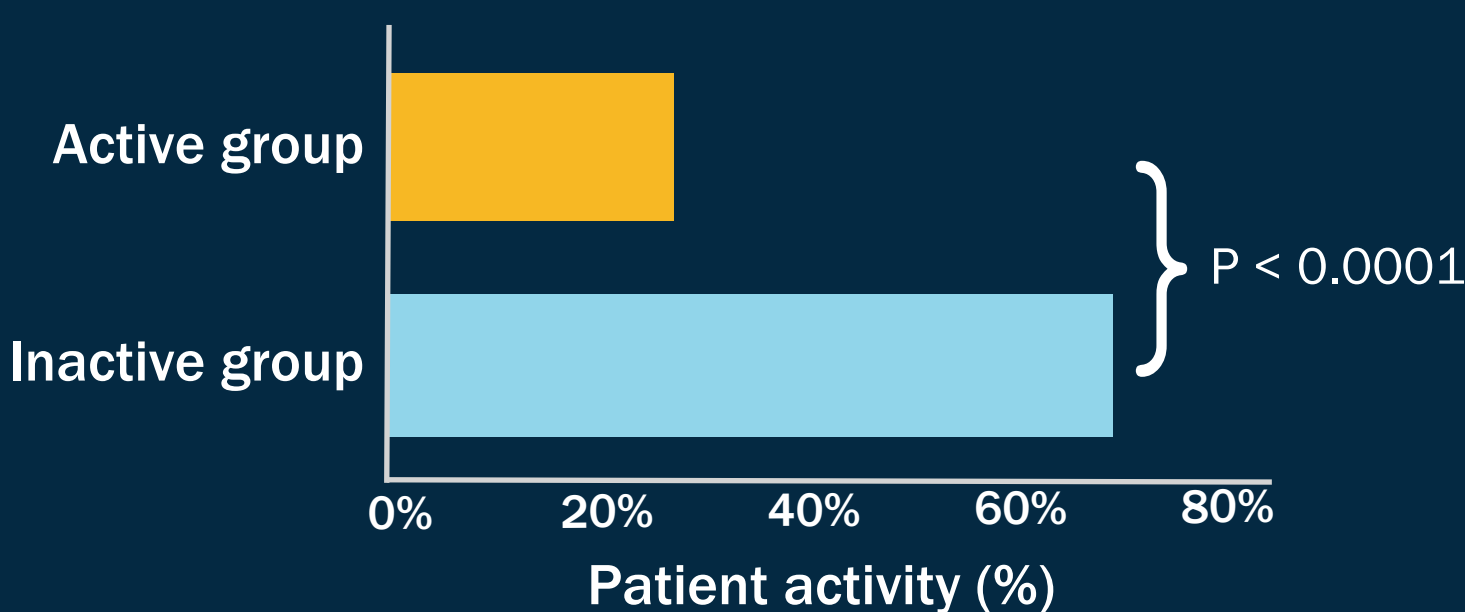
Patients undergoing TKA from 2007 to 2012





Preoperative expectations



Postoperative activity levels



	Active group	Inactive group
 Postoperative activity level	35% ↓	70% ↑
 5-10 year postoperative revision rates	3.2% ↑	1.6%

Only inactive group patients improved their activity levels after TKA. Active patients experienced increased postoperative revision rates.

An Analysis of the Influence of Physical Activity Level on Total Knee Arthroplasty Expectations, Satisfaction, and Outcomes: Increased Revision in Active Patients at Five to Ten Years

Ponzio et al. (2018) 10.2106/JBJS.17.00920

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