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CURRENT REHABILITATION STRATEGIES FOLLOWING HIP ARTHROSCOPY IN SCANDINAVIA – A SURVEY OF PHYSIOTHERAPISTS AND SURGEONS IN DENMARK, NORWAY, AND SWEDEN

Wörner, Tobias; Thorborg, Kristian; Moksnes, Håvard; Eek, Frida

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LUND UNIVERSITY

PO Box 117
221 00 Lund
+46 46-222 00 00



CURRENT REHABILITATION STRATEGIES FOLLOWING HIP ARTHROSCOPY IN SCANDINAVIA – A SURVEY OF PHYSIOTHERAPISTS AND SURGEONS IN DENMARK, NORWAY, AND SWEDEN

Wörner T¹, Thorborg K², Moksnes H³, Eek F¹

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¹ Department of Health Sciences, Lund University, Sweden

² Sports Orthopaedic Research Center (SORC-C), Department of Orthopaedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Denmark

³ Oslo Sports Trauma Research Center, Norwegian School of Sports Sciences, Oslo, Norway The Olympic Elite Sports Program (Olympiatoppen), Oslo, Norway.

Background

The worldwide number of hip arthroscopies (HA) is increasing dramatically, and is expected to keep on rising. Hence, increasing amounts of patients require post-surgical rehabilitation. Evidence is however lacking regarding post-operative rehabilitation.

Aim

To provide an overview of the rehabilitation process following HA in Scandinavia through a description of current rehabilitation strategies and views among physiotherapists and surgeons providing specialized care within this field. Furthermore, potential differences in perspectives between professions were explored.

Material & Methods

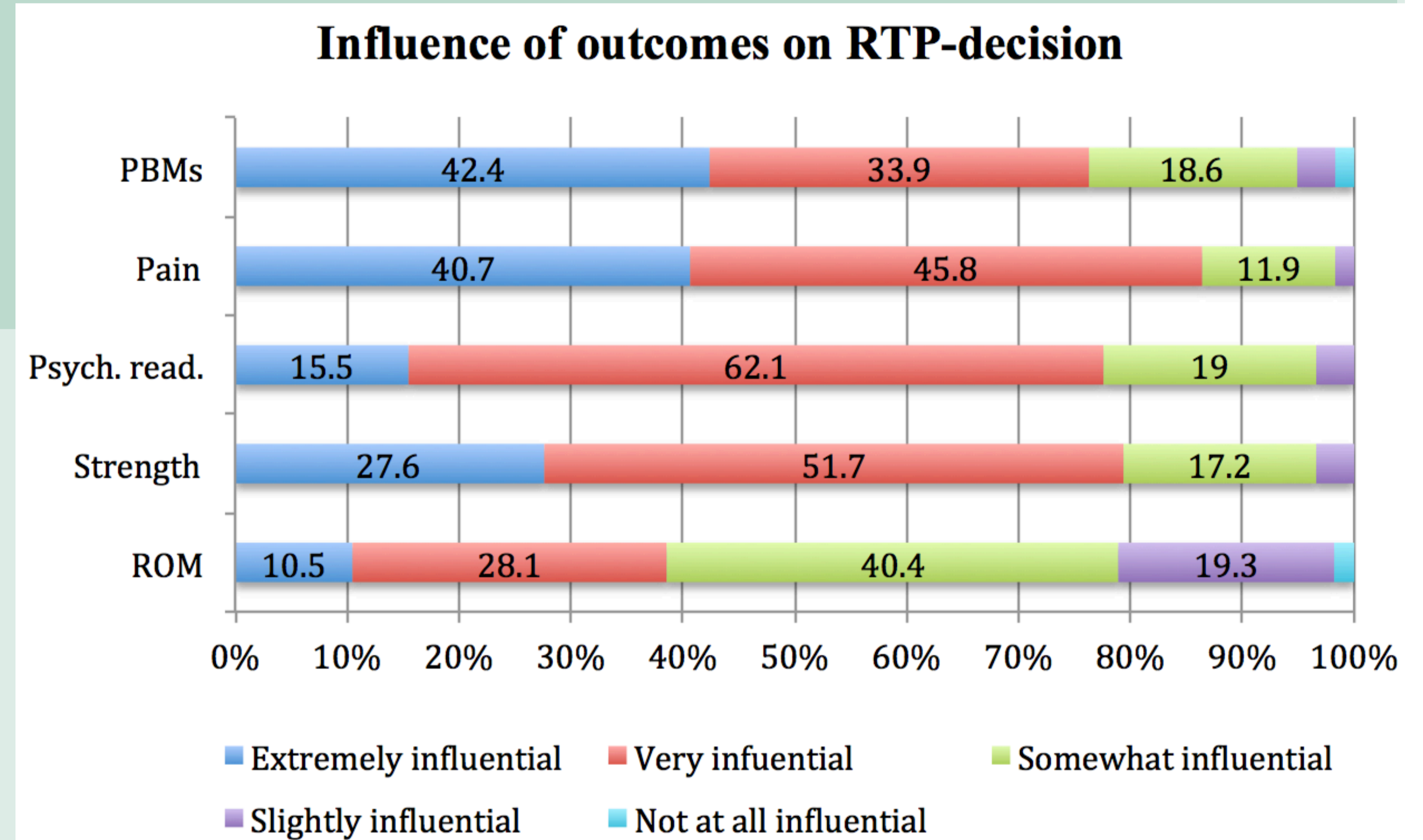
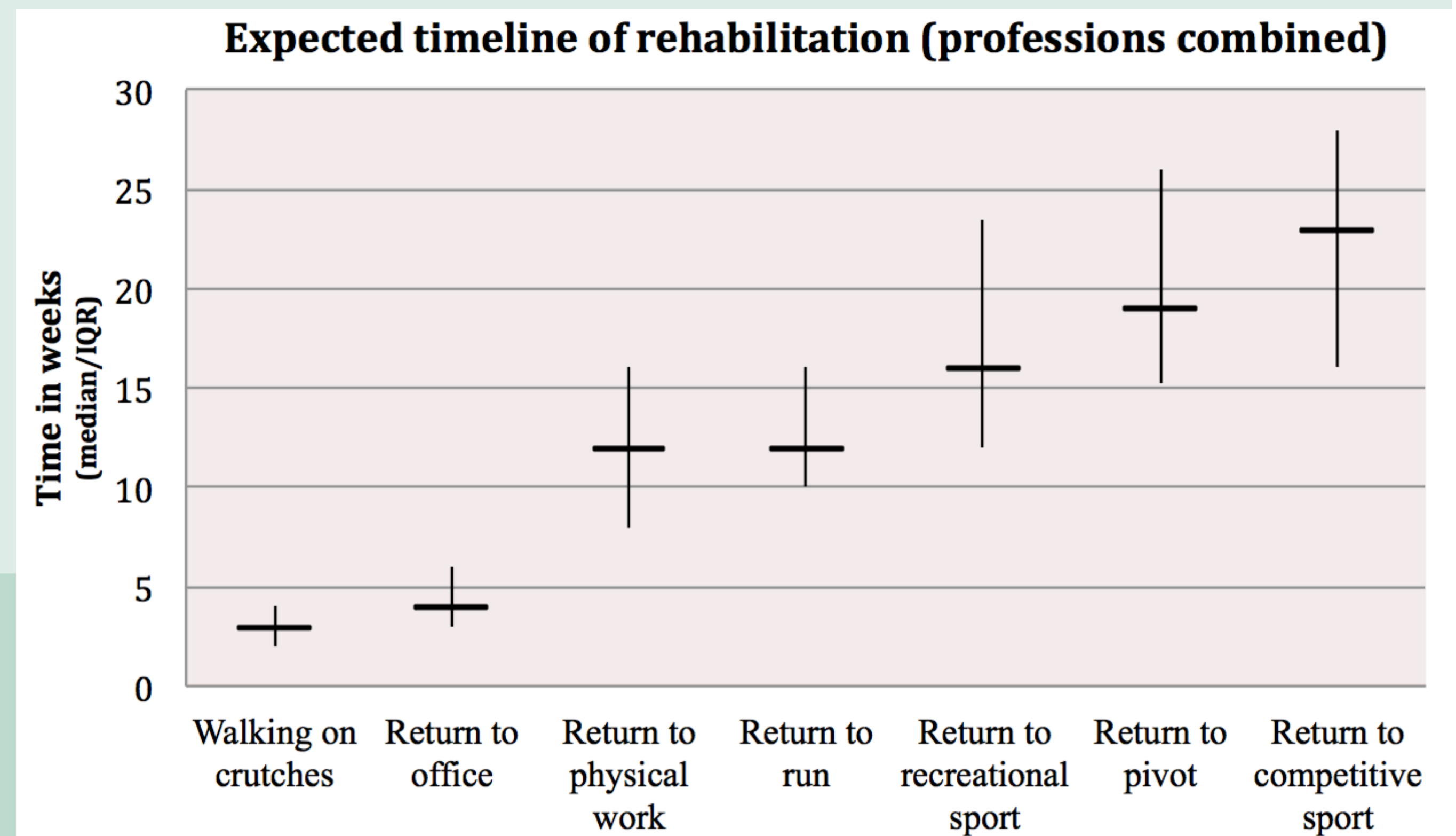
Scandinavian (Danish, Norwegian, Swedish) physiotherapists and surgeons, experienced with HA and post-surgical rehabilitation, were invited to participate in a web-based questionnaire survey. Ninety clinicians (62 physiotherapists & 28 surgeons) responded.

Results

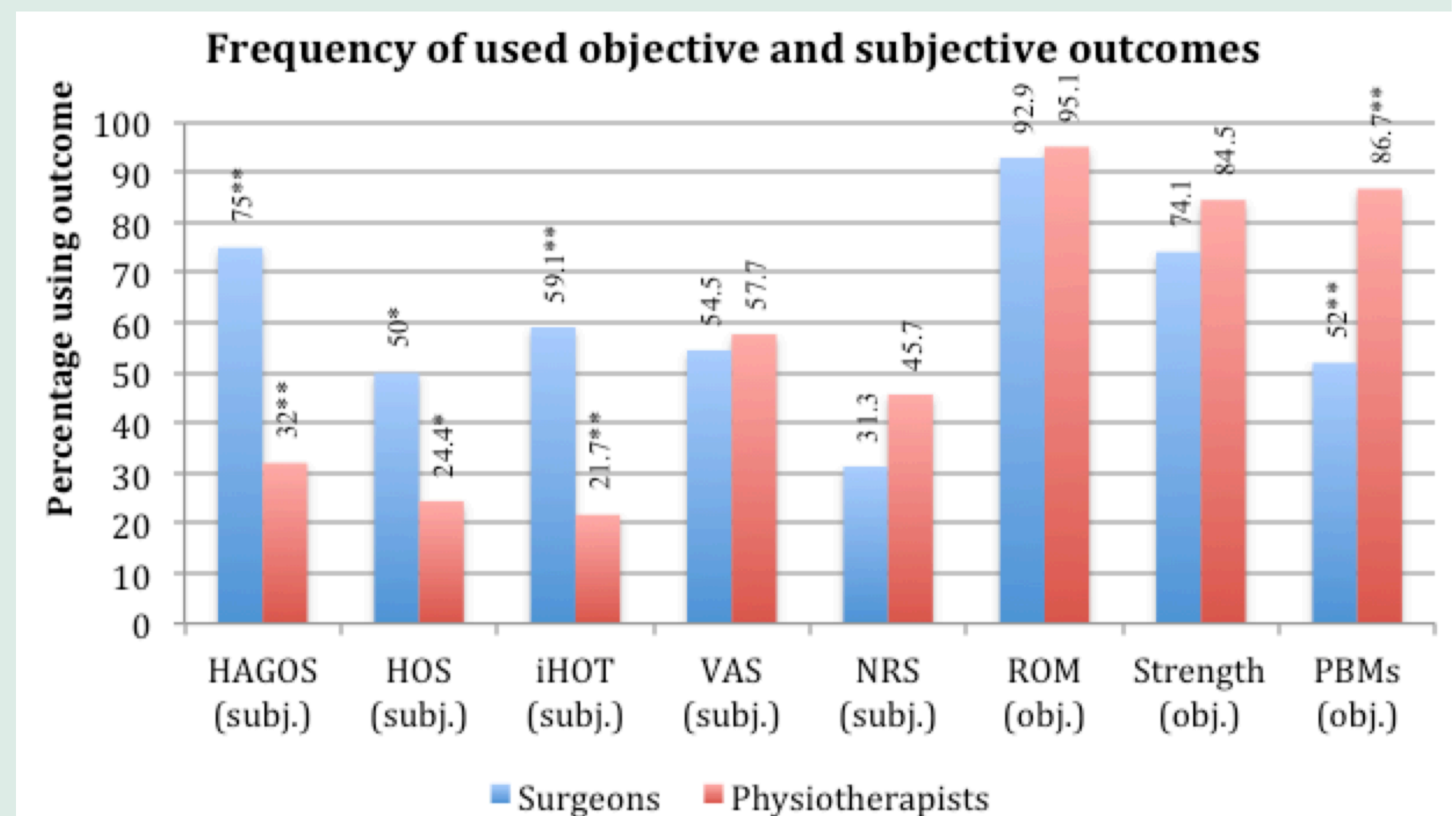
Physiotherapy was rated as very or extremely important in the rehabilitation following HA (physiotherapists: 92%, surgeons: 82%; $p=0.275$). Either criteria-based or combined criteria- and time-based rehabilitation progression is advocated by 87% of physiotherapists and 78% of surgeons ($p=0.349$). Expected rehabilitation-timelines were reported with large within-group variation but with general inter-professional agreement. However, surgeons expected fewer weeks on crutches [(Median (IQR): 2 (2-3), physiotherapists: 4 (2-4); $p=0.022$] and to return to competitive sports [(Median (IQR): 12 (12-20), physiotherapists: 18 (12-24); $p=0.011$]. Physiotherapists more often evaluate readiness to return to play (physiotherapists: 74%, surgeons: 50%; $p=0.024$).

Conclusion

- Physiotherapy is considered very important after hip-arthroscopy among both surgeons and physiotherapists.
- Either criteria-based or combined criteria and time-based progression is advocated.
- Surgeons and physiotherapists generally reported similar views on the rehabilitation process.
- Surgeons expected shorter time than physiotherapists on crutches and to return to competitive sports.
- Physiotherapists used evidence-based self-reported outcome measures to a lesser degree than surgeons.



PBMs=Performance based measures; Psych. read.=psychological readiness; ROM=Range of motion; Percentages (%) are displayed when exceeding 10% of responses



HAGOS=Copenhagen Hip and Groin Outcome Score; HOS=Hip Outcome Score; iHOT=International Hip Outcome Tool; VAS=Visual analogue scale; NRS=Numeric rating scale; ROM=range of motion; PBMs=Performance-based measures; subj.=subjective; obj.=objective; * = p-value ≤ 0.05 ; ** = p-value ≤ 0.01