

# Does Pedaling Improve Outcomes After Total Knee Replacement?

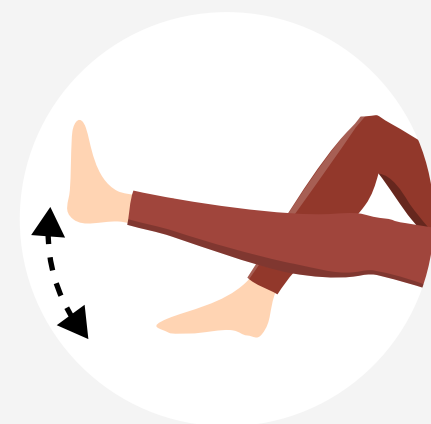


Rehab is key after a total knee replacement (TKR), but the impact of pedaling in the acute postoperative setting remains unknown

Study evaluated the efficacy of...



Pedaling



Non-pedaling

...in 60 TKR patients at 2 days, 2 weeks and 4 months after surgery

## Outcomes

Primary: TKR-validated 6-minute walk test (6MWT)

Secondary: Timed Up & Go (TUG), EQ-5D VAS, and Length of stay

Pedaling group showed superior outcomes at 2 days postoperatively

	6MWT (meters)	TUG (sec)	EQ-5D VAS	Length of stay (days)
	252.9 ± 73.5	19.3 (9.4–40.2)	80 (25–100)	2.5 (2.0–5.0)
	187.0 ± 67.0	23.9 (12.6–54.3)	60 (10–95)	3.0 (2.0–6.0)
P value	0.001	0.020	0.031	0.024



Postoperative pedaling-based physical therapy was found to be superior to the non-pedaling exercise protocol in this study

Pedaling-Based Protocol Superior to a 10-Exercise, Non-Pedaling Protocol for Postoperative Rehabilitation After Total Knee Replacement. A Randomized Controlled Trial

Sattler et al. (2019)

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