

Sedentary Behavior Prevalent in Patients After Total Hip Arthroplasty

Primary total hip arthroplasty (THA) is known to improve hip function, but its effect on 24-hour activity pattern is not clear



51 patients undergoing THA



24-hour activity profile



Gait analysis



Hip-specific outcomes



After 2 years:



Improvements observed in walking biomechanics



Improvements observed in pain and hip function

Sedentary duration and sleep efficiency



Mean sedentary duration did not change postoperatively: 19.5 hours/day



Sleep efficiency worsened 2 years postoperatively (84% → 77%)

Patients sedentary for more than 11 hours per day



41% at 2 years postoperatively

32% at 1 year postoperatively

21% preoperatively



As patients who undergo THA are not physically more active postoperatively despite pain improvement, a multifaceted care model is needed for educating patients on reducing sedentary behavior

Changes in 24-Hour Physical Activity Patterns and Walking Gait Biomechanics After Primary Total Hip Arthroplasty. A 2-Year Follow-up Study

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