

THE EFFECT OF POSTOPERATIVE REHABILITATION WITH A "PEANUT BALL" AFTER TOTAL KNEE REPLACEMENT. A RANDOMIZED STUDY EVALUATING POSTOPERATIVE PAIN AND KNEE FUNCTION

Therese Jönsson^{1,2}, Abdulemir Ali^{1,2}, Gunnar Flivik^{1,2}

¹ Skånes universitetssjukhus, ² Lunds universitet

Background:

The number of total knee replacements (TKR) in Sweden is increasing, with over 18,000 primary surgeries performed annually. Movement and muscle training are crucial for recovery after TKR, but the most effective exercise regimen for the early postoperative period remains unclear.

Method:

This randomized controlled trial involved 342 patients with knee osteoarthritis eligible for TKR. Participants were block-randomized to either a postoperative exercise program with a peanut ball or a traditional exercise regimen. The primary outcome was the change in VAS pain score (0-10) from baseline to 3 months. Secondary outcomes included changes in range of motion, the 30-second sit-to-stand test, and the Forgotten Joint Score. Independent t-tests and Mann-Whitney U-tests were used to calculate differences between groups.

Results:

A total of 289 patients completed the 3-month follow-up (mean age 70 [SD 9], 60% women). No significant differences were found between groups in pain reduction, range of motion, functional performance, or the Forgotten Joint Score.

Conclusion:

This study found no significant differences between the peanut ball and traditional exercise programs in terms of pain reduction, range of motion, functional performance, or Forgotten Joint Score at 3 months. Both approaches appear equally effective during the early recovery stages after TKR.