

The effect of exercise therapy and new electrical methods on some clinical outcomes in people with total Hip Arthroplasty

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Background: Hip arthroplasty is one of the surgical methods to improve symptoms in patients with hip osteoarthritis. The use of conservative treatments reduces pain, increases range of motion, and improves performance in the post-surgery process.

Methods: In this clinical trial study, 30 patients after hip arthroplasty were randomly divided into two groups: electroacupuncture with exercise therapy (n=16), and transcutaneous electrical neuromuscular stimulation (TENS) and exercise therapy (n=14). The severity of pain, quality of life, range of motion, edema, and function were evaluated in two groups before and after the interventions. Interventions of 10 sessions (three sessions per week) were conducted for two groups. The significance level in all tests was below 0.05.

Results: The results showed that both groups improved all of the symptoms after the intervention ($p \leq 0.05$), although there was no statistically significant difference between the two groups in terms of effectiveness ($p \geq 0.05$).

Conclusion: The results showed that both methods improve symptoms in patients after surgery. According to this study, electroacupuncture is suggested as a new method effective for the treatment of people with post-Total Hip Arthroplasty.

Keywords: Electroacupuncture, Physical Performance, Total Hip Arthroplasty, TENS

Biography

Marzieh Yassin is a physical therapist with more than 16 years of experience in treating musculoskeletal disorders, conducting research projects, teaching graduate courses, and the author of three books on Physiotherapy. I finished my Ph.D. in Physical Therapy in 2015 and started working as an Assistant Professor in Physical Therapy for more than six years. The main subject of my research work is finding new techniques to reduce chronic musculoskeletal and neuromuscular conditions, which are the main reasons for disability worldwide. I have 15 published articles and I reviewed more than 20 manuscripts for international and international journals.