

FUNCTIONAL IMPROVEMENT UP TO SIX MONTHS AFTER TOTAL HIP ARTHROPLASTY: MEASURED BY SELF-REPORTED QUESTIONNAIRE AND RANGE OF HIP FLEXION

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The aim of this study was to assess patients' self-reported hip function, as well as hip flexion and flexion contracture preoperatively, three and six months after total hip arthroplasty (THA). The secondary aim was to analyze the extent to which postoperative patients' self-reported hip function three and six months after THA correlates with preoperative patients' self-reported function, hip flexion and flexion contracture.

A longitudinal cohort study included 100 patients with the end stage of hip osteo-arthritis who underwent THA at the Orthopedic Clinic from May 2015 to November 2016. The patients were assessed at three time points: preoperatively and at 3 and 6 months after THA. First, hip flexion and flexion contracture were measured. Then the patients completed the self-reported questionnaire for evaluation of hip function-Oxford hip score.

The results showed poor self-reported hip function, hip flexion and flexion contracture preoperatively. At 3 months follow-up, as well as at 6 months follow-up, self-reported hip function and flexion were significantly increased ($p < 0.001$) and hip flexion contracture was significantly decreased ($p < 0.001$) in relation to preoperative values. According to values of Spearman correlation coefficient, significant correlations were found between self-reported hip function at 3 months follow-up and preoperative function, hip flexion and flexion contracture, but all correlations disappeared by 6-month follow-up. The study indicates that poor preoperative hip function and hip flexion may slow down functional recovery after TAK, but do not compromise the outcome 6 months after THA.

Acta Medica Medianae 2020;59(2):20-27.

Key words: Total hip arthroplasty, self-reported functional outcome, hip flexion, hip flexion contracture