

Exercise may not provide benefit over physical therapy after knee replacement

21 November 2016

In a randomized trial of patients who underwent total knee replacement as a treatment for osteoarthritis, a group program of strengthening and aerobic exercises was not better at alleviating long-term knee pain or overcoming activity limitations compared with usual care, which included physical therapy.

Although most patients experienced less knee pain and improved physical function after undergoing [total knee replacement](#), marked deficits in physical performance measures remained 12 months later.

The findings are published in *Arthritis Care & Research*.

More information: Marlene Fransen et al, Post-acute rehabilitation after total knee replacement: A multicentre randomized clinical trial comparing long-term outcomes, *Arthritis Care & Research* (2016). [DOI: 10.1002/acr.23117](https://doi.org/10.1002/acr.23117)

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