

Can we reduce sitting time in people having surgery for hip or knee osteoarthritis?



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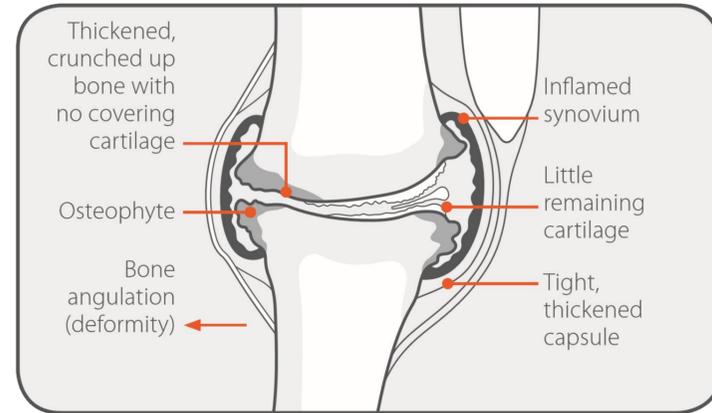


Why is this study important?

1/3 A third of people aged 45 and over have sought treatment for osteoarthritis



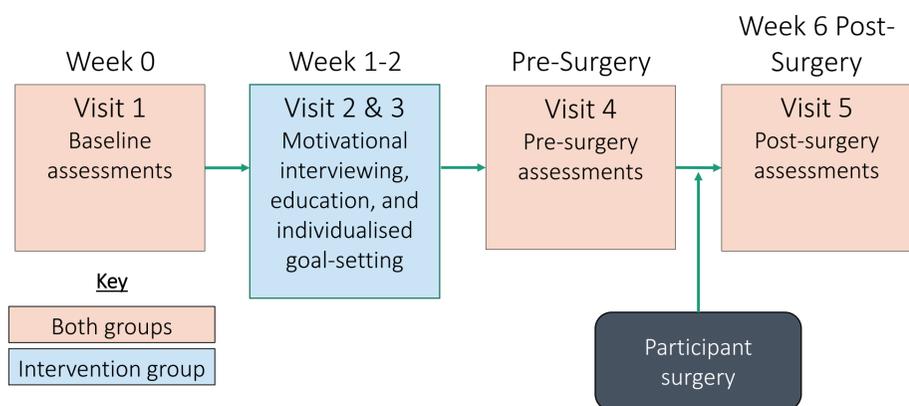
People with osteoarthritis awaiting surgery spend 83% of their day sitting. By increasing their activity and reducing their sitting, we hope people will have better post-surgery recovery.



Severe knee osteoarthritis

When and where are patients recruited?

- Patients aged ≥ 65 , waiting for hip or knee surgery are recruited from Russells Hall Hospital, Dudley, in the UK.
- They are recruited approximately 8 weeks before their surgery.
- There is both an intervention and control group.



Study materials

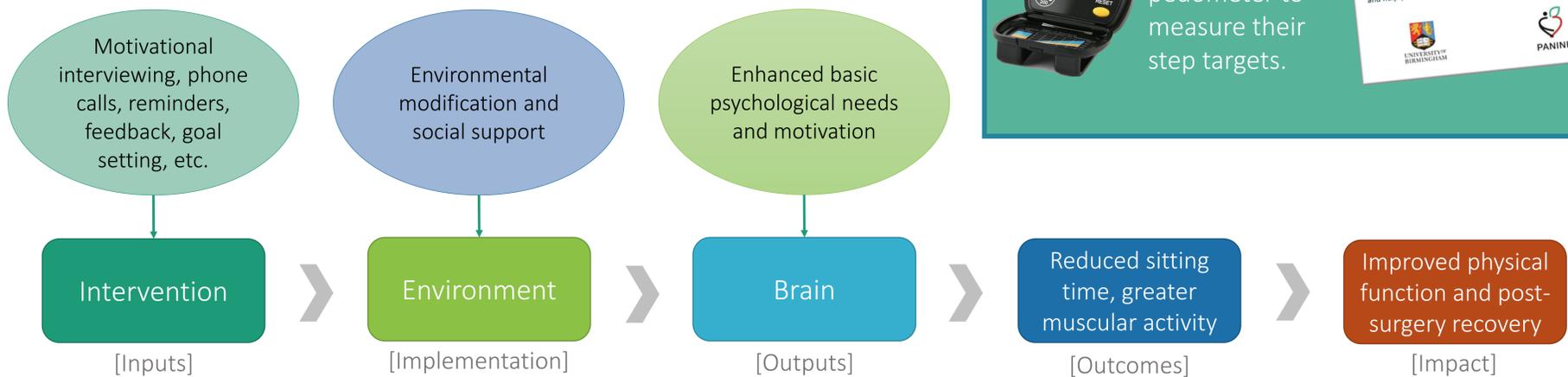
Patients use this sedentary behaviour booklet to help make their goals and environmental modifications which they work towards throughout the study.



Patients use a pedometer to measure their step targets.



How are we reducing sitting time?



How do we know if it can work?



We are primarily assessing whether the study is feasible, i.e. if it is acceptable, practical, well-adopted, and if it is adhered to.



ActivPal activity monitors are used to measure activity and sitting behaviours.



Patients fill out questionnaires about their pain levels, physical activity, psychological state, and more.



Blood samples are taken to measure changes in health markers.



To measure physical function, we assess ability to rise from a chair, walking speed, and balance.

What are the implications of this research?

1. By improving recovery from surgery, individuals will be able to have a much better quality of life.
2. This could have a large positive impact on the UK's National Health Service, reducing monetary costs and staff requirements.

