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5 Physical activity after total knee arthroplasty: A critical review

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7 Roger J Paxton, Edward L Melanson, Jennifer E Stevens-Lapsley, Cory L Christiansen

8

9 Abstract

10 Total knee arthroplasty (TKA) is the most commonly performed elective surgery in the
11 United States. TKA typically improves functional performance and reduces pain
12 associated with knee osteoarthritis. Little is known about the influence of TKA on
13 overall physical activity levels. Physical activity, defined as "any bodily movement
14 produced by skeletal muscles that results in energy expenditure", confers many health
15 benefits but typically decreases with endstage OA. The purpose of this review is to
16 describe these potential benefits (metabolic, functional, and orthopedic) of physical
17 activity to patients undergoing TKA, present results from recent studies aimed to
18 determine the effect of TKA on physical activity, and discuss potential sources of
19 variability and conflicting results for physical activity outcomes. Several studies
20 utilizing self-reported outcomes indicate that patients perceive themselves to be more
21 physically active after TKA than they were before surgery. Accelerometry-based
22 outcomes indicate that physical activity for patients after TKA remains at or below pre-

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Physical activity after total knee arthroplasty: A critical review



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