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For Immediate Release

A+ Recovery When Patients are Educated

Hip surgery patients recover better when given extra information before and after surgery

ROSEMONT, IL—A recent study published in *The Journal of Bone and Joint Surgery*, found patients undergoing hip arthroplasty did better when they were given more care before and after surgery. Some surgeons previously thought it was the type of hip surgery which helped to determine an outcome. For example, a large incision versus a small incision would produce different results. Instead, this study showed it was really how much pre-conditioning the patient was given. Pre-conditioning was defined by any of the following examples:

- Reassurance to the patient that pain would be controlled
- Explanation of the benefits of walking early after surgery
- Strengthening muscles before surgery.
- Explaining to both the patient and family members all aftercare instructions
- Recommending extra pre and post surgery physical therapy sessions

“The surprise in this study was the finding itself. Because we have been lead to believe that the technique is what results in a better outcome, no one before has looked at the other factors around the surgery itself,” says Javad Parvizi, MD, one of the study’s authors and a fellow with the [American Academy of Orthopaedic Surgeons](#). “Since the study has been completed we have already implemented changes at the Rothman Institute at Thomas Jefferson University, and found it has made a great difference with patients.” Dr. Parvizi is an Associate Professor of Orthopaedic Surgery at the Rothman Institute and Director of Clinical Research.

100 patients were followed in the study and split into two different groups. Some were given just basic information before and after surgery while others were given more extensive pre-conditioning. Patients with more pre-conditioning were found to have actually walked sooner, also went home a day earlier and bypassed a rehabilitation facility.

Length of Hospital Stay

- Pre-conditioned patients were hospitalized on average 3.5 days
- Non-preconditioned patients were hospitalized on average 4.2 days

Richard Rothman, MD, PhD co-author and Professor of Orthopaedic Surgery at the Rothman Institute at Thomas Jefferson University says, “it just seems intuitive that if you are educationally prepared for a surgery your fear and anxiety will be minimized. It makes sense to strengthen the muscles and skills of the patient beforehand and also educate the family so they can be better prepared to handle the patient.” Dr. Rothman is also a Fellow with the [AAOS](#).

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