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Effect of Knee Pain after Hip Fracture on Ambulatory Status in Acute Inpatient Rehabilitation

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Objective

The aim of this study is to investigate the effect of knee pain after hip fracture surgery on ambulatory status in acute inpatient rehabilitation

Methods

A retrospective case-control study of 42 patients during postoperative rehabilitation after hip fractures surgery were carried out. Patients were divided into two groups; one group is patients suffering knee pain during the first week of postoperative rehabilitation, and the other group is patients without knee pain. We compared post-operative days (POD) to tolerate gait training in parallel bar and gait training using walker.

Results

Fourteen patients (33.3%) were suffering from knee pain during the first week of postoperative rehabilitation. According to the types of fracture, incidence of knee pain was more common in intertrochanteric fracture than femur neck fracture (50.0% versus 18.2%; $p=0.049$; independent t-test). In group of patients with intertrochanteric fracture, there is no significant difference in POD to tolerate gait training in parallel bar and gait training using walker between two groups (12.7 ± 3.3 versus 13.5 ± 3.9 ; $p=0.645$; independent t-test, 19.3 ± 5.6 versus 18.0 ± 5.7 ; $p=0.637$; independent t-test, respectively). But, in the group of patients with femur neck fracture, there is significant difference in POD to tolerate gait training in parallel bar and gait training using walker between two groups (12.7 ± 3.7 versus 17.5 ± 4.1 ; $p=0.026$; independent t-test, 16.8 ± 5.7 versus 24.0 ± 7.3 ; $p=0.040$; independent t-test, respectively).

Conclusion

In patients with femur neck fracture, knee pain after surgery delayed gait training in acute inpatient rehabilitation.