

## Cryotherapy after total knee replacement: a survey of current practice

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**ABSTRACT Background and Purpose.** Cryotherapy is commonly used during physiotherapeutic rehabilitation after total knee replacement (TKR). Evidence for treatment effectiveness is contradictory and there are no clinical guidelines to inform treatment protocols within this patient group. The present survey investigated current cryotherapy practice after TKR throughout the United Kingdom (UK). **Method.** A postal survey, containing open and closed questions, was distributed to senior inpatient orthopaedic physiotherapists ( $n=453$ ). **Results.** The response rate was 67% (304/453) and 58% (263/453) of the responses were completed by physiotherapists who treated TKR patients in the acute phase. Of these, 53% (83/263) routinely applied some form of cryotherapy after TKR. Physiotherapists working in the private sector were more likely to use cryotherapy and had greater access to Cryocuff equipment. The two main methods of cryotherapy application were the Cryocuff device, 59% (135/263) and crushed ice, 30% (79/263). Treatments were applied most frequently between 24 and 48 hours post-surgery, for 20 minutes, twice a day. Lack of proven efficacy was the most frequently stated reason for not applying cryotherapy treatment, and swelling was the most common indicator for treatment. There was particular uncertainty about the physical management of the Cryocuff device. **Conclusions.** There was little consensus with regard to treatment indicators, method of application and the management of cryotherapy after TKR. The results highlight a lack of consistency in the application of cryotherapy after TKR, indicating a need for further research.

**Key words:** Cryocuff, cryotherapy, physiotherapy, total knee replacement (TKR)

### INTRODUCTION

For thousands of patients who have severe degenerative changes or arthritic disease of the knee, a total knee replacement (TKR) is the treatment of choice (Ritter and Stringer, 1979) and the procedure is now common-

place in orthopaedic hospitals in the UK. It is recognized that the majority of TKR operations have a positive outcome, including improved quality of life, decreased pain, increased range of movement and function (Insall et al., 1989). However, the immediate post-operative

# Knee Surgery Current Practice

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Brittberg**



## **Knee Surgery Current Practice:**

**Current Catalog** National Library of Medicine (U.S.),1993-04      National Library of Medicine Current Catalog National Library of Medicine (U.S.),1993      **Basic Methods Handbook for Clinical Orthopaedic Research** Volker Musahl,Jón Karlsson,Michael T. Hirschmann,Olufemi R. Ayeni,Robert G. Marx,Jason L. Koh,Norimasa Nakamura,2019-02-01 This book is designed to meet the needs of both novice and senior researchers in Orthopaedics by providing the essential clinically relevant knowledge on research methodology that is sometimes overlooked during training Readers will find a wealth of easy to understand information on all relevant aspects from protocol design the fundamentals of statistics and the use of computer based tools through to the performance of clinical studies with different levels of evidence multicenter studies systematic reviews meta analyses and economic health care studies A key feature is a series of typical case examples that will facilitate use of the volume as a handbook for most common research approaches and study types Younger researchers will also appreciate the guidance on preparation of abstracts poster and paper presentations grant applications and publications The authors are internationally renowned orthopaedic surgeons with extensive research experience and the book is published in collaboration with ISAKOS      *Knee Surgery* Paul M Aichroth,W Dilworth Cannon Jr,1992-01-01 Clinical Research by Dipak V Patel FRCS      **Orthopaedic Allograft Surgery** Andrei A. Czitrom,Heinz Winkler,2012-12-06 This volume is the work product of an international group of authors who are experienced in the field of musculoskeletal allografts The chapters are written by experts in many differing areas of allografting and represents the current knowledge in this rapidly changing dynamic field The reconstructive community and their patients owe a significant debt of gratitude to Doctors Czitrom and Winkler for this volume William F Enneking M D Preface What follows is the result of a timely project bringing together the newest ideas of top experts worldwide in a rapidly growing technology Orthopaedic Allograft Surgery The title of the book reflects a method rather than a speciality It transgresses well established subspecialities of orthopaedic surgery such as joint replacement oncology spine trauma and sports medicine The technology encompasses knowledge of tissue banking biology and biomechanics both in a research and clinical sense The common denominator for those interested is the need and ability to provide or use allogeneic tissues in orthopaedic applications Inherent to a multiauthored text based on chapters written by authors from many parts of the world is a variety in format and style While we tried to some extent reducing large discrepancies there was no attempt made to eliminate dissimilar ities We did not aim for a homogeneous textbook Rather we asked for originality novelty individuality in the presentation of data and concepts Consequently chapters vary in format from that seen in a scientific article to that of a descriptive essay      Manual of Arthroscopic Surgery Michael J. Strobel,2013-11-21 The Manual of Arthroscopic Surgery provides the most up to date state of the art for all those dealing with arthroscopic diagnosis and treatment A standardised structure of the individual chapters facilitates the retrieval of information Diagnosis therapeutic management including decision making for conservative and operative treatment

arthroscopic results and surgical techniques The latter are described in a practical how to do step by step manner 2 300 brilliant figures illustrate each operative step The comprehensive manual includes rare conditions as well and provides detailed information on tricks and pitfalls In its entirety it reflects the most up to date high tech standard of arthroscopy

**Adult Orthopaedic Nursing** Delores Christina Schoen,2000-01-01 As orthopaedic specialty units are being combined with other nursing units or integrated into medical surgical units more nurses are frequently unprepared to care for these patients with orthopaedic problems To help them keep pace with the changing demands of this specialty this book s straightforward approach and wealth of illustrations address the nursing care of patients with common orthopaedic conditions Step by step coverage shows preoperative postoperative home and rehabilitative care Where appropriate discussions also include the care of outpatients receiving follow up or rehabilitative care Special attention is given to the care of patients in traction or casts

*Mercer's Textbook of Orthopaedics and Trauma Tenth edition* Suresh Sivananthan,Eugene Sherry,Patrick Warnke,Mark Miller,2012-02-24 Highly Commended BMA Medical Book Awards 2013Orthopaedic problems account for over one third of all medical and surgical problems Mercer s Textbook of Orthopaedics and Trauma provides all the information required by the senior trainee or qualified specialist to improve understanding and management of any given condition or disease in this area Si

**Posterior Cruciate Ligament Injuries** Gregory C. Fanelli, MD,2015-02-27 Now in a revised and expanded second edition including ten new chapters this classic text on the diagnosis and management of posterior cruciate ligament injuries represents the state of the art Comprehensive and used friendly the book covers PCL anatomy and biomechanics diagnosis and evaluation and both surgical and non surgical treatment strategies Surgical chapters discuss graft selection and open and arthroscopic techniques including both primary and revision surgery and combined reconstruction with other knee ligaments New chapters illustrate cutting edge and advanced surgical techniques in reconstruction and primary repair articular cartilage resurfacing and meniscus transplant in the PCL injured knee mechanical graft tensioning the role of osteotomy treatment of PCL injuries in children results of treatment and outcomes data in PCL injuries clinical case studies and the editor s experience chapter based on 24 years of treating PCL injuries Complications bracing and rehabilitation round out the presentation Written and edited by leaders in the management of injuries to the knee this will be an invaluable text for orthopedic surgeons and sports medicine practitioners alike

**Techniques in Cartilage Repair Surgery** A. Ananthram Shetty,Seok-Jung Kim,Norimasa Nakamura,Mats Brittberg,2014-04-11 Cartilage defects are common Cartilage repair surgery is not only fascinating but also surgically challenging There are books dealing with basic science and some surgical aspect This book fills a gap in surgical techniques for cartilage repair All of the surgical chapters are logically organised covering patient selection patient setup positioning surgical approach potential complications and troubleshooting An attempt is made to compare with various surgical techniques This book also covers anaesthesia postoperative follow up pain management and rehabilitation Both the editors

and the authors are renowned experts in the field This book will be invaluable for orthopaedic and sports medicine surgeons consultants and training doctors and is also of potential interest to physiotherapists medical students general practitioners physical medicine and rehabilitation specialists and rheumatology specialists **The Knee** W. Norman Scott,1994

**Index Medicus** ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings The Problem Knee Malcolm F. Macnicol,1995 Mechatronics 2019: Recent Advances Towards Industry 4.0 Roman Szewczyk, Jiří Krejsa, Michał Nowicki, Anna Ostaszewska-Lizewska,2019-08-28 This book gathers papers presented at Mechatronics 2019 an international conference held in Warsaw Poland from September 16 to 18 2019 The contributions discuss the numerous multidisciplinary technological advances in the field of applied mechatronics that the emerging Industry 4 0 has already yielded Each chapter presents a particular example of interdisciplinary theoretical knowledge numerical modelling and simulation or the application of artificial intelligence techniques Further the papers show how both software and physical devices can be incorporated into mechatronic systems to increase production efficiency and resource savings The results and guidelines presented here will benefit both scientists and engineers looking for solutions to specific industrial and research problems Comprehensive Biomaterials II Kevin Healy,Dietmar W. Hutmacher,David W. Grainger,C. James Kirkpatrick,2017-05-18 Comprehensive Biomaterials II Second Edition Seven Volume Set brings together the myriad facets of biomaterials into one expertly written series of edited volumes Articles address the current status of nearly all biomaterials in the field their strengths and weaknesses their future prospects appropriate analytical methods and testing device applications and performance emerging candidate materials as competitors and disruptive technologies research and development regulatory management commercial aspects and applications including medical applications Detailed coverage is given to both new and emerging areas and the latest research in more traditional areas of the field Particular attention is given to those areas in which major recent developments have taken place This new edition with 75% new or updated articles will provide biomedical scientists in industry government academia and research organizations with an accurate perspective on the field in a manner that is both accessible and thorough Reviews the current status of nearly all biomaterials in the field by analyzing their strengths and weaknesses performance and future prospects Covers all significant emerging technologies in areas such as 3D printing of tissues organs and scaffolds cell encapsulation multimodal delivery cancer vaccine biomaterial applications neural interface understanding materials used for in situ imaging and infection prevention and treatment Effectively describes the many modern aspects of biomaterials from basic science to clinical applications

**Perioperative Medical Management for Total Joint Arthroplasty** Andrea Baldini,Patrizio Caldora,2014-11-01 This volume describes the most recent medical guidelines for perioperative management in arthroplasty with the aim of facilitating excellent control of bleeding thrombosis pain and infection For each area hemostasis control pain control and infection control hot topics of key practical importance are discussed and contrasting perspectives are presented on

controversial issues covering the views of different practitioners and specialties Using the information contained in this book the practitioner will be in an excellent position to meet the principal goals of perioperative medical management The information provided will assist in the choice of a multimodal guideline that minimizes the complication rate regarding bleeding and thromboembolism while not interfering with the patient s recovery Similarly effective means of pain control and an optimized pain control protocol are discussed with a view to shortening hospital stay and achieving functional milestones that meet the patient s expectations Finally host wound and environmental factors relevant to infection and its prevention are explained with discussion of the best means of prophylaxis treatment and imaging Surgeons anesthesiologists and all medical practitioners and staff involved in the field of total hip and knee arthroplasty will find this book to be of value in their daily clinical practice It will assist in the provision of enhanced medical management that ensures quicker recovery of the patient with fewer complications

**New Insights in Perioperative Care** Nabil A. Shallik,2024-07-03 In the past few decades the field of perioperative medicine has made significant progress Perioperative medicine is the backbone of anaesthesiology nursing and surgery and we have a responsibility to disseminate the most up to date information to our colleagues on the front lines and in all disciplines that deal with perioperative medicine management Clinicians must become familiar with the most recent developments in this field and the scientific knowledge to allow the safe practice of surgery anesthesia and perioperative care As such this book provides the fundamentals as well as modern approaches and the latest updates on perioperative medicine We conclude our work by emphasizing that sharing knowledge stands as one of humanity s greatest acts as Lao Tzu once said Give a man a fish and you feed him for a day Teach him how to fish and you feed him for a lifetime

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**General Principles of Orthopedics and Trauma** K. Mohan Iyer,Wasim S. Khan,2019-05-07 The second edition of this book concisely covers the most recent developments in orthopedics and trauma It features detailed descriptions x rays clinical and therapeutic pathway diagrams for a number of commonly encountered disorders including fractures metabolic disorders bone tumors and amputations enabling the reader to develop a deep understanding of the latest information on how to successfully diagnose and treat these patients General Principles of Orthopedics and Trauma is an ideal resource for trainees and junior surgeons seeking an easy to follow clinical guide on how to successfully diagnose

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