Background

- 93% of patients who have a total hip arthroplasty (THA) are due to end-stage osteoarthritis.
- 15-30% of patients who survive a stroke continue to live with a long-term disability.
- The most common abnormal gait pattern after surviving a stroke is due to hemiparesis.
- Patients who are deaf require greater visual and tactile cueing during gait training.
- Gait training has been shown to normalize gait patterns and increase functional mobility in patients after a total hip replacement (THR), THA revision and/or stroke.
- There is a lack of research investigating the optimal gait training plan of care (POC) for a patient with a THR, THA revision, stroke, and deafness.

Purpose

The purpose of this case report was to investigate a comprehensive PT POC for a patient who is deaf and had a THR, a THA revision, and a subacute stroke.

Case Description

- 77 year old woman, deaf since 8 months old
- Admitted to a skilled nursing facility after a left THA revision with residual left hemiparesis
- Required to wear an abductor brace at all times, except for skin care
- Past medical history: osteoarthritis in left and right hip and lumbar spine, elective left posterior approach THA, 4 left hip dislocations, right arterial ischemic stroke, essential HTN, stenosis of left subclavian artery
- Initial evaluation showed: decreased bilateral lower extremity strength, increase in pain level at rest and with activity, decreased balance, decreased functional mobility
- Received PT for 60-70 minutes 6-7 times/week for 4 weeks

Interventions

<table>
<thead>
<tr>
<th>Gait Training</th>
<th>Therapeutic Exercise</th>
<th>Therapeutic Activity</th>
<th>Neuromuscular Re-Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amb with FWW 25 ft to 300 ft, indoor/outdoor and uneven surfaces</td>
<td>Supine: SLR, pelvic bridging</td>
<td>Meditation: sit to and from supine &amp; bilateral rolling</td>
<td>Static &amp; dynamic balance: seated progressed to standing in // bars then to FWW</td>
</tr>
<tr>
<td>Amb without AD with hallway railing 28 ft</td>
<td>Seated: LAQ, hip flex, hamstring curls with 2.5 #</td>
<td>Transfers: sit to and from standing, SPT with FWW</td>
<td>Dynamic balance training during gait: stepping over and around obstacles with FWW</td>
</tr>
<tr>
<td>Ascending/descending 3 – 6 inch steps with bilateral rails</td>
<td>Walking: in // bars progressed to FWW, bilateral hip abd, flex, ext, heel raises, mini squats</td>
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<tr>
<td>Amb up/down outdoor ramp &amp; curb step with a FWW</td>
<td>Standing: side stepping utilizing hallway railing, 28 ft progress to 44 ft</td>
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<tr>
<td>Amb with FWW around fixed objects in close proximity</td>
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</tbody>
</table>

Figure 1: Timeline of treatment

Right-Arterial Ischemic Stroke with Left UE and LE Hemiparesis

- Elective Left THR, 1st Dislocation of Hip Prosthesis at hospital: 2 Months Prior
- Patient discharged to SNF: 2nd Dislocation of Hip Prosthesis: 7 Weeks Prior
- Patient discharged home: 1 Month Prior
- 4th Dislocation of Hip Prosthesis at home, THA Rev: 4 Days Prior
- Medical Dx: Dislocation of Internal Left Hip Prosthesis & Aftercare Following Joint Replacement

Figure 2: Patient wearing abductor brace

Outcomes

- Functional Mobility: Initial Evaluation: Supervision, Discharge: Minimal Assistance
- Sit to Stand: Modified Independent
- Stand Pivot Transfer: Supervision
- Gait: 20 feet with front-wheeled walker, contact guard assistance
- Stairs: Dependent, 0 steps
- Ramp: Dependent
- Numerical Pain Rating Scale: 0/10 left groin at rest, 5/10 left groin with activity
- Days in hospital: 406

Discussion

- The patient demonstrated improvements in strength, endurance, pain level, functional mobility and gait quality.
- The patient met all short and long-term goals which allowed her to return home.
- The patient seemed to benefit from a comprehensive PT POC which focused on gait training and tactile cueing with an abductor brace.

Conclusion

- A comprehensive PT POC which focused on gait training and tactile cueing with an abductor brace was effective for a 77 year old patient who had a THR, THA revision, and a subacute stroke.
- Future research on the combined PT management of THR, THA revision, subacute stroke and deafness in a larger population of older adults is recommended.

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References