

A multi-centre randomised control trial comparing gamification with remote monitoring against standard rehabilitation for patients after arthroscopic shoulder surgery



Dominic Marley
Amy Barratt
James Wilson
Bibhas Roy



University of
Salford
MANCHESTER

Background and Aim

- Over **50%** of patients are non-compliant with their home exercise program (King et al., 2013).
- MIRA Rehab has been validated to accurately measure range of motion in the shoulder (Wilson et al., 2017)
- Goal based rehabilitation can be used in a computer-based exergame rehabilitation programme (Ani et al., BESS 2017)

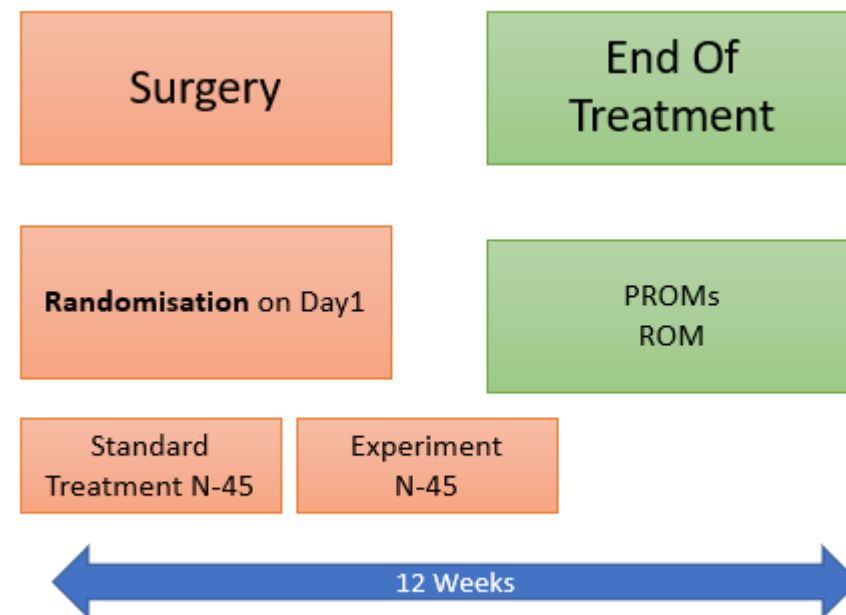
Aim:

- The aim of this study was to determine the efficacy of 'Exergames' compared with standard physiotherapy in patients treated with arthroscopic shoulder surgery



Methods

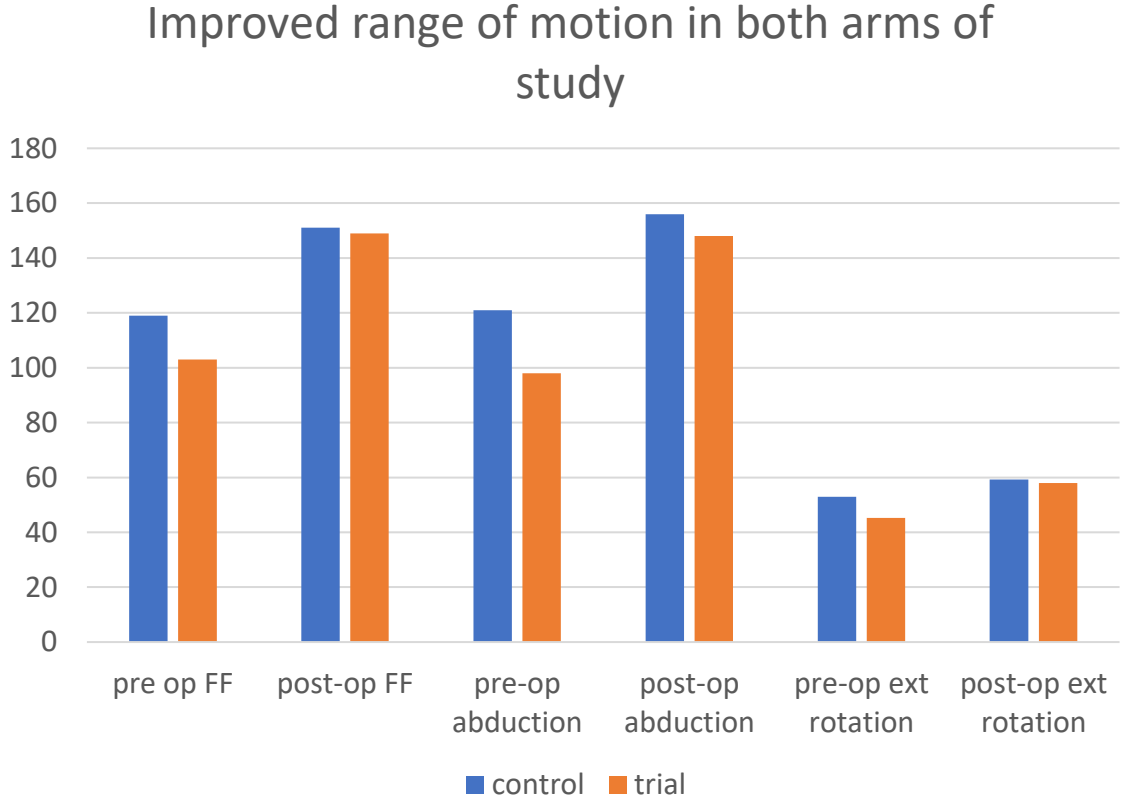
- Patients recruited from TGH/RBH/SRFT
- Randomised into two arms:
 1. Standard post-operative physiotherapy.
 2. Post-operative regime of exergames using the principles of gamification set by physios with physiotherapy support.
- Oxford Shoulder Score (OSS) and the Disabilities of the Arm, Shoulder and Hand (DASH) Score were collected pre-operatively and at 12 weeks.
- Range of movement was objectively measured by 'Medical Interactive Recovery Assistant' (MIRA) paired with a Microsoft Kinect



Results

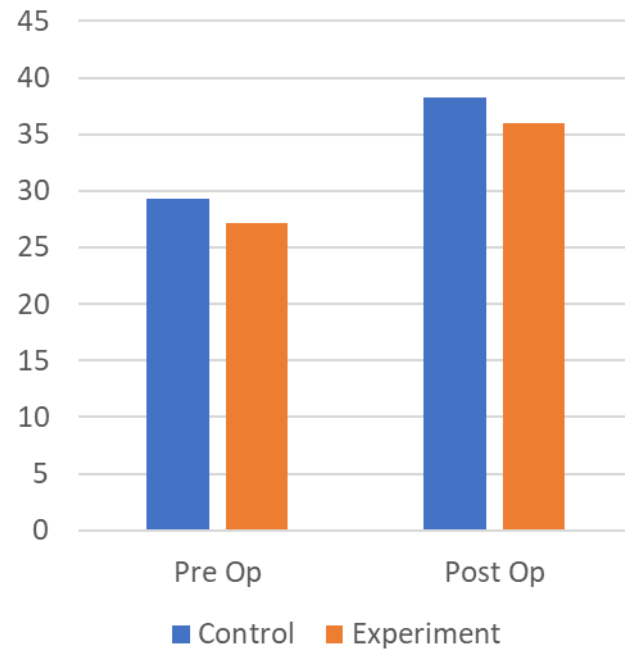
- 71 patients were initially recruited to the study.
- 7 patients were excluded due to their intra-operative findings.

	Control group	Trial Group
Number	33	31
Mean age	54.3	52.9
Surgery Performed:		
Subacromial Decompression	19	15
Debridement/ decompression calcific tendonitis	4	4
Rotator Cuff Repair	10	12



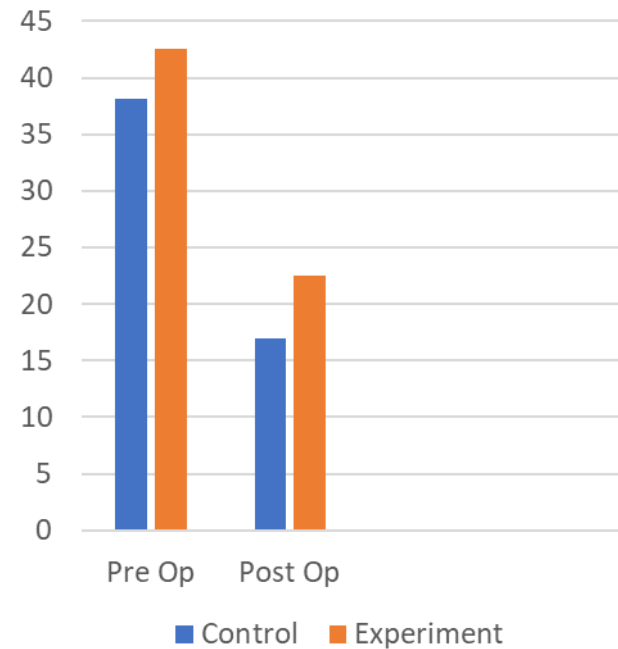
Results

Oxford Shoulder score



No significant difference between the groups at 12 weeks ($p=.246$)

DASH



No significant difference between the two groups at 12 weeks ($p=.328$)



Discussion/Conclusions

- Significant improvements in ROM/PROMs in both treatment arms
- Study complicated by the results of the CSAW trial- expanded to include more pathology
- Exergames appear to be effective in the rehabilitation of patients post shoulder surgery.
- This has the potential to relieve some of the heavy burden placed on physiotherapy departments for 'routine' post-operative care.
- Compliance may remain an issue- the treatment may be not suitable for all
- Remote monitoring of progress is possible allowing early review of struggling patients

