Evidence in focus

Publication summary: Iriuchishima T and Ryu K. Indian J Orthop (2019)*

JOURNEY® II BCS patients demonstrate significantly better stair climbing ability when compared with cruciate retaining (CR) and posterior stabilised (PS) total knee arthroplasty (TKA) patients

Plus points

89%
JOURNEY II BCS patients were able to climb stairs “one step at a time”

Overview

Case-controlled, single surgeon study comparing stair climbing and descending ability in JOURNEY II BCS patients compared to CR and PS TKA patients.

Patients were administered a questionnaire pre-TKA and 12 months post-TKA to assess their stair climbing and descending ability and necessity of a handrail.

- 63 JOURNEY II BCS patients (TKAs, 66; mean age, 75.2 years)
- 47 CR patients (FINE® Total Knee System [Teijin Nakashima Medical, Okayama, Japan]; number of TKAs, 56; mean age, 76.4 years)
- 38 PS patients (FNK® Total Knee System [Teijin Nakashima Medical, Okayama, Japan]; number of TKAs, 42; mean age, 78.6 years)

Results

- At 12 months post-TKA, a significantly higher percentage of JOURNEY II BCS patients (89%) were able to climb stairs “one step at a time” compared to CR (72%) and PS TKA patients (58%; p<0.05; Figure)
- No significant differences in the percentage of patients able to descend stairs “one step at a time” or among handrail necessity between JOURNEY II BCS (59 and 75%), CR (49 and 77%) and PS (45 and 89%) TKA patients

Conclusions

JOURNEY II BCS results in significantly better “one step at a time” stair climbing ability compared to CR and PS TKAs.

Citation