

CHAPTER V

CONCLUSION AND RECOMMENDATION

5.1 Conclusion

The results of this study demonstrate that the inclusion of the Co-walk device in the rehabilitation process following total knee replacement (TKR) surgery can lead to significant improvements in patients' clinical outcomes. Notably, the patients who underwent Co-walk training experienced reduced pain levels, improved range of motion in the knee joint, and increased balance and confidence while walking. These positive effects were observed consistently over multiple follow-up intervals, spanning from 2 weeks to 6 months after the surgery. Additionally, utilizing the Co-walk device resulted in a decreased length of hospital stay for the patients.

These findings present strong evidence in favor of incorporating the Co-walk into the standard rehabilitation protocols for TKR patients. By augmenting the recovery process and enhancing clinical outcomes, the Co-walk can be a valuable addition to the existing treatment methods for individuals who have undergone TKR surgery. This research underscores the potential of the Co-walk as an effective aid in accelerating patients' recuperation and overall improvement in their post-surgery condition.

In conclusion, the study supports the efficacy of using the Co-walk walking support machine as a complementary approach to traditional rehabilitation methods for TKR patients. It highlights the device's ability to bring about positive changes in pain levels, knee joint mobility, balance, and walking confidence. The Co-walk's inclusion in the rehabilitation process may offer significant benefits in terms of improved patient recovery and reduced hospital stay. Further research and implementation of the Co-walk in clinical settings could enhance post-TKR rehabilitation outcomes and ultimately enhance the quality of life for patients.

5.2 Recommendation

Based on the findings of this study, the following recommendations are made:

The use of Co-walk should be considered as an adjunct to standard rehabilitation protocols for patients who have undergone TKR. Incorporating Co-walk training into post-TKR rehabilitation may lead to improved clinical outcomes and faster recovery.

More extensive research is needed to confirm the long-term benefits of using Co-walk in patients who have undergone TKR. Longitudinal studies with larger sample sizes are essential to establish the sustained effectiveness of Co-walk over an extended period.

Further research is required to investigate the effects of Co-walk on other important clinical outcomes, such as pain management, functional capacity, and overall quality of life. Understanding the broader impact of Co-walk on these aspects will provide a more comprehensive assessment of its potential benefits.

5.3 future directions

The findings of this study underscore the importance of exploring Co-walk further through future research efforts:

Long-term follow-up: Longitudinal studies with extended follow-up periods are needed to ascertain the sustained benefits of Co-walk over time.

Comparative studies: Comparative studies with larger and more diverse patient populations can offer additional insights into the effectiveness of Co-walk compared to other rehabilitation approaches.

Quality of life assessments: Future research should include comprehensive assessments of patients' quality of life, including aspects beyond clinical measures, to understand the holistic impact of Co-walk on post-TKR patients.

By addressing these recommendations and future research directions, healthcare professionals can better understand the potential benefits and limitations of integrating Co-walk into post-TKR rehabilitation practices, leading to improved patient care and outcomes.