



Project Profile

Lead: Rita Kinsella



1. Project Title

Treating hip pain effectively with telehealth

2. Project Summary

Hip replacement surgery for patients with advanced hip osteoarthritis (OA) is beneficial for improving pain and function but not all individuals report satisfactory outcomes. One in five of those undergoing hip replacement surgery for hip OA can have ongoing issues arising from the gluteal muscles and tendons located over the outside of the hip and thigh (termed gluteal tendinopathy).

Evidence clearly supports education and exercise in the management of gluteal tendinopathy, but there is a lack of educational material for patients with co-existing hip-related conditions including OA or previous surgery.

PhD candidate and physiotherapist, Rita Kinsella, is working on developing effective rehabilitation pathways for people experiencing ongoing pain and loss of function from gluteal tendinopathy following their hip replacement surgery.

One aspect of Rita's work is piloting a study to address this need by developing an exercise-based intervention delivered solely by telehealth. Participants will receive both written and technology-based educational materials including short videos and infographics to help participants complete exercises as safely as possible.

3. Project Assistance

The following types of assistance from the consumer includes:

- Non-scientific input into study design and findings
- Feedback on appropriateness of interview schedules
- Review and feedback of translational outputs (eg. information sheets, infographics, instructional exercise videos) for general public

4. Time Commitment

The Research Lead has requested a commitment of roughly 2 hours a month. Meetings would be once a month for up to an hour in duration. An extra hour can be allocated to review documents ahead of meetings.

Meetings may be held via the phone, video conference or in-person as the consumer prefers.



5. A bit about the researcher...

Rita Kinsella is an Advanced Musculoskeletal Physiotherapist and Clinical Researcher at St Vincent's Hospital Melbourne. She completed her Masters (Research) on the evidence-based management of subacromial pain syndrome through La Trobe Sports and Exercise Medicine Research Centre, in 2018.

She is now enrolled in her PhD, at the University of Melbourne, Department of Surgery at St Vincent's Hospital, evaluating the prevalence and impact of gluteal tendinopathy in people undergoing total hip arthroplasty. As an early career researcher, Rita has led and worked on a variety of research projects involving interventions for musculoskeletal conditions including hip and knee osteoarthritis and shoulder pain, as well as studies informing the implementation of advanced musculoskeletal physiotherapy services within public health settings.