

Table 3. Sport activity and return to play.

| Authors | Age | Number of patients | RTS (%) | RTS level (%) | Tegner activity scale | Findings |
|----------------------------|--------------------------|------------------------|-----------|---|-----------------------|---|
| Kamada et al ¹⁹ | 71.6 years (65-81 years) | 50 patients (62 knees) | N.R. | N.R. | N.R. | 15 patients (26.7%) performed SPA, and 14 (25.0%) after ($p=0.21$). Mean time to RTP: 14.1 ± 10.0 months; frequency: 4.2 ± 2.1 times/week post-op. 3 patients who did not perform sports preoperatively started performing sports postop. 11 (19.6%) patients were able to improve the amount of sport performed. |
| Otoshi et al ²⁰ | <70 | 36 | 24 (96.0) | Higher level: 0 (0) Same level: 16 (66.7) Lower level: 8 (33.3) | 3.3±1.4 | 91% of patients aged ≥ 70 years returned to sports activities, and 77% of them could perform postoperatively at the same or higher level compared to the preoperative level. |
| | >70 | 38 | 31 (91.2) | Higher level: 1 (3.2) Same level: 23 (74.2) Lower level: 7 (22.6) | 2.7±1.2 ($p=0.16$) | |

Return To Sport (RTS), Return To Play (RTP), Not Reported (N.R.).