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Evolution of locomotor performances in HIV-1 infected adults included in the ANRS CO3 Aquitaine cohort

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Objectives.– To study the evolution of locomotor performances in HIV-1 infected adults included in the ANRS CO3 Aquitaine cohort.

Methods.– In this prospective observational study, locomotor performances were assessed with the six-minute walk distance (6MWD) and the five-times-sit-to-stand test (5STS), at baseline and after 2-year follow-up. The evolution of locomotor test results over time and the determinants of 5STS time were studied in linear mixed effects regression models.

Results.– Three hundred and fifty-four patients (81% men, median age 48 years) were included at baseline and 178 had a follow-up visit after 2 years. At baseline, median baseline 5STS time was 9.8 s, and median 6MWD was 549 m. At follow-up, 31% had a deterioration in 5STS time of at least 2 s, and 43% had a decrease in 6MWD of at least 25 m. Overall, mean deterioration was +0.24 s/year (P = 0.007) for 5STS time, and –11 m/year (P < 0.0001) for 6MWD. Older age was associated with worse baseline 5STS time (+0.47 s per 10-year age increase, P = 0.001) but not with deterioration in this test over time. 5STS deterioration was more pronounced in i.v. drug users (change in slope +0.62 s/year, P = 0.03). At any time point, 5STS performance was significantly worse in patients with time-updated history of cerebral CDC stage C conditions (+2.47 s, P < 0.001) and of diabetes (+0.95 s, P = 0.02). No significant associations were found for time-updated type of ART, viral load or CD4 count.

Discussion.– Compared to data in the literature, baseline 5STS time and 6MWD are poorer in adults with well-controlled HIV-infection, and performance in these tests deteriorates further over time. A multifactorial origin rather than virologic factors may contribute to this deterioration of the lower limb performance. Physical exercise training should be considered in these patients.

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Intérêt d’une rééducation passive pendant les 45 premiers jours après réparation de la coiffe des rotateurs

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