

APPENDIX

TABLE E-I Clinical Pathway: Total Hip and Knee Replacement

Acute care physiotherapy protocol
Postoperative day #1
Initiate physical therapy treatments twice daily
Up in a chair in morning with assistance
Encourage deep breathing and coughing
Active-assisted bed and chair exercise
Begin active-assisted range-of-motion exercises
Teach safe transfer techniques
Gait training—begin assisted walking in morning if stable
Total hip replacement = review hip dislocation precautions
Postoperative Day #2
Continue active-assisted bed and chair exercises
Teach safe active-assisted transfers from bed to chair and sit to stand
Gait training – assisted walking in morning and evening
Initiate stair-climbing exercise with supervision
CCAC* home-based rehab protocol
Patients are to receive 1-on-1 physiotherapy visits for 45 min – 1 hour duration
Active-assisted bed and chair exercises
Encourage independent self-care and bathing
Encourage ambulation
Stair-climbing with supervision
Inpatient rehab protocol
Physiotherapy assistance provided for 1 hour daily of 1-on-1 care
1 hour of group physiotherapy daily
Active-assisted bed and chair exercises
Encourage independent self-care and bathing
Encourage ambulation
Stair-climbing with supervision

*CCAC = Community Care Access Centre.

TABLE E-2 Demographics of Home-Based and Inpatient Rehabilitation Groups—Intention-to-Treat Population

Parameter	Home-Based Rehabilitation (N = 115)	Inpatient Rehabilitation (N = 119)	P Value
Age* (yr)	68.1 ± 10.3	68.2 ± 11.2	p = 0.99
Sex†			
Male	37 % (43)	36% (43)	p = 0.84
Female	63% (72)	64% (76)	
Body mass index* (kg/m ²)	28.1 ± 6.2	28.1 ± 5.1	p = 0.93
Primary diagnosis†			
Osteoarthritis	94% (108)	92% (109)	p = 0.91
Rheumatoid arthritis	4% (5)	4% (5)	
Other	2% (2)	4% (5)	
Joint replaced†			
Hip	55% (63)	45% (54)	p = 0.15
Knee	45% (52)	55% (65)	
Comorbid conditions†			
None	4% (5)	3% (4)	p = 0.24
One	22% (25)	13% (15)	
Two or more	74% (85)	84% (100)	
Race†			
White	67% (76)	70% (82)	p = 0.71
Other	33% (37)	30% (36)	
Highest education†			
Primary	19% (21)	19% (22)	p = 0.72
High school	32% (35)	37% (43)	
Undergraduate	28% (31)	22% (26)	
Postgraduate	20% (22)	22% (26)	
Living arrangement†			
Alone	23% (26)	24% (28)	p = 0.69
With another	74% (83)	71% (84)	
Other	3% (4)	5% (7)	
Work status†			
Employed	20% (22)	20% (23)	p = 0.86
Homemaker	15% (17)	11% (13)	
Retired	48% (53)	53% (62)	
Disabled/other	17% (19)	16% (20)	

*The values are given as the mean and the standard deviation. †The number of patients is given in parentheses.