

Appendix

Detailed Search Strategy, MEDLINE

1 exp ARTHROPLASTY, REPLACEMENT/or exp ARTHROPLASTY,
REPLACEMENT, KNEE/or exp ARTHROPLASTY/or exp ARTHROPLASTY,
REPLACEMENT, HIP/(n = 14,994)

2 exp EDUCATION/(n = 392,755)

3 exp EXERCISE THERAPY/or exp EXERCISE/(n = 46,658)

4 exp PREOPERATIVE CARE/or exp PERIOPERATIVE CARE/(n = 84,126)

5 exp ANTERIOR CRUCIATE LIGAMENT/(n = 4,770)

6 1 and 3 and 4 (n = 52)

7 1 and 2 and 4 (n = 41)

8 1 and 2 and 3 and 4 (2)

9 2 and 4 and 5 (n = 4)

10 3 and 4 and 5 (n = 13)

11 from 6 keep 1-52 (n = 52)

OVID search engine for MEDLINE, AMED:

1- prehab\$.mp.

2- (preoperative or preoperative or pre-surgical or presurgical).mp.

3- preoperative care/

4- (rehabilitation or exercise or education or physiotherapy or physical therapy).mp.

5- physical therapy (specialty)"/or exp education/or exp rehabilitation/or exp exercise/or
exp physical therapy modalities/or exp exercise movement techniques

6- arthroplasty replacement knee/or exp arthroplasty replacement hip/or exp joint
prosthesis/

7- (joint arthroplasty or hip arthroplasty or knee arthroplasty or joint prosthesis or hip
prosthesis or knee prosthesis or joint replacement or hip replacement or knee replacement).mp.

8- 2 or 3

9- 4 or 5

10- 6 or 7

11- 1 and 10

12- 8 and 9 and 10

13- 11 or 12

TABLE E-1 Methodological Quality Assessment for Risk of Bias

Study	No.	Random Sequence Generation	Allocation Concealment	Blinded Participants & Personnel	Blinded Outcome Assessor	Complete Outcome Data	Selective Outcome Reporting	Other*
Doering et al. (2000) ³³	100	—	—	↑	↑	↓	↓	Groups dissimilar
Weaver et al. (2003) ³⁴	136	—	—	↑	↑	↓	↓	-
Gilbey et al. (2003) ³⁵	68	—	—	↑	↑	↓	↓	-
Crowe et al. (2003) ³⁶	133	↓	↓	↑	↓	↑	↓	No ITT, groups dissimilar
Giraudet-Le Quintrec et al. (2003) ³⁷	100	↓	↓	↑	↑	↓	↓	-
McGregor et al. (2004) ³⁸	39	—	—	↑	—	↑	↓	Groups dissimilar
Beaupre et al. (2004) ³⁹	131	↓	↓	—	↓	↓	↓	—
Gocen et al. (2004) ⁴⁰	60	↓	↑	↑	↓	↓	↓	—
Berge et al. (2004) ⁴¹	44	↓	↑	↑	—	↓	↓	—
Mitchell et al. (2005) ⁴²	160	↓	↓	↑	↓	↓	↓	Groups dissimilar
Siggeirsdottir et al. (2005) ⁴³	50	↓	↓	↑	↑	↑	—	Groups dissimilar
Rooks et al. (2006) ⁴⁵	108	—	—	↑	↓	↓	↓	—
Johansson et al. (2007) ⁴⁴	123	—	—	↑	—	—	↓	Groups dissimilar
Pour et al. (2007) ⁴⁷	94	↓	—	↑	—	↓	↓	No ITT, financial interest
Williamson et al. (2007) ⁴⁸	121	↓	↓	↑	↓	↑	↓	—
Larsen et al. (2008) ⁴⁶	90	↓	↓	↑	↑	↓	↓	—
Vukomanović et al. 2008) ⁴⁹	45	—	—	—	—	↓	↓	—
Ferrara et al. (2008) ⁵⁰	23	↓	—	↑	↓	↓	↓	—
Topp et al. (2009) ⁵¹	54	—	—	↓	—	↓	↓	—
Hoogeboom et al. 2010) ⁵²	21	—	↓	↑	↓	↑	↓	—
Walls et al. (2010) ⁵³	14	↓	—	↓	↓	—	↓	—
Bitterli et al. (2011) ⁵⁴	80	↓	↓	↓	↓	↓	↓	—
Gstoettner et al. (2011) ⁵⁵	38	↓	↓	↑	↑	↑	↓	—
Oosting et al. (2012) ⁵⁶	30	↓	↓	↑	↓	↓	—	—
McKay et al. (2012) ⁵⁷	22	—	↓	↑	↑	↓	↓	—

Brown et al. (2012) ⁵⁸	32	↓	↓	↑	↓	↓	↑	—
Huang et al. (2012) ⁵⁹	243	↑	—	↑	↑	↓	↓	—
Tungtrongjit et al. (2012) ⁶⁰	60	↓	↓	↑	↓	↓	↓	No ITT
Villadsen et al. (2014) ⁶¹	165	↓	↓	↓	↓	↓	↓	—
Matassi et al. (2014) ⁶²	122	↓	—	↑	↓	↓	↓	—
Biau et al. (2015) ⁶⁴	209	↓	↓	↓	↓	↓	↓	—
Cooke et al. (2016) ⁶³	91	↓	↓	↓	↓	↓	↓	—
Skoffer et al. (2016) ⁶⁵	59	↓	↓	↑	↓	↓	↓	—
Calatayud et al. (2016) ⁶⁶	50	↓	↓	↓	↓	↓	↓	—
Jepson et al. (2016) ⁶⁷	44	↓	↓	↓	↓	↓	↓	Groups dissimilar

*All studies included participants who had the capacity to participate in the intervention. Patient criteria preventing participation in prehabilitation (e.g., comorbidities, excessive pain) excluded them from participating in the study. ↑ = high risk of bias, — = unclear, and ↓ = low. ITT = intention to treat.