APPENDIX

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

TABLE E-1 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

Home-Based Rehabilitation (N = 115)	Treat Population		_	
Parameter 115) 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/m²) 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 $74\% (85)$ $84\% (100)$				
Age* (yr) 68.1 ± 10.3 68.2 ± 11.2 $p = 0.99$ Sex† 37 % (43) 36% (43) $p = 0.84$ Female 63% (72) 64% (76) Body mass index* (kg/m²) 28.1 ± 6.2 28.1 ± 5.1 $p = 0.93$ Primary diagnosis† $p = 0.93$ $p = 0.93$ Osteoarthritis $p = 0.94$ $p = 0.91$ Rheumatoid arthritis $p = 0.94$ $p = 0.91$ Other $p = 0.94$ $p = 0.91$ Rheumatoid arthritis $p = 0.94$ $p = 0.91$ Other $p = 0.94$ $p = 0.91$ Rheumatoid arthritis $p = 0.94$ $p = 0.91$ Other $p = 0.94$ $p = 0.91$ Hip $p = 0.94$ $p = 0.91$ Knee $p = 0.91$ $p = 0.15$ Knee $p = 0.15$ $p = 0.15$ Comorbid conditions† $p = 0.15$ $p = 0.15$ None $p = 0.24$ $p = 0.24$ $p = 0.24$ One $p = 0.24$ $p = 0.24$ $p = 0.24$ Other			•	
Sex† Male 37 % (43) 36% (43) p = 0.84 Female 63% (72) 64% (76) Body mass index* Body mass index* (kg/m²) 28.1 ± 6.2 28.1 ± 5.1 p = 0.93 Primary diagnosis† 94% (108) 92% (109) p = 0.91 Rheumatoid arthritis 4% (5) 4% (5) Other 2% (2) 4% (5) Joint replaced† 4% (5) p = 0.15 Knee 45% (52) 55% (65) Comorbid conditions† conditions† p = 0.15 None 4% (5) 3% (4) p = 0.24 One 22% (25) 13% (15) p = 0.24 Two or more 74% (85) 84% (100) Race† p = 0.71 White 67% (76) 70% (82) p = 0.71 Other 33% (37) 30% (36) p = 0.72 High school 32% (35) 37% (43) p = 0.72 High school 32% (35) 37% (43) p = 0.69 With another 74% (83) 71% (84) p = 0.69		· ·	,	P Value
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† $p = 0.91$ $p = 0.91$ Osteoarthritis 94% (108) 92% (109) $p = 0.91$ Rheumatoid arthritis 4% (5) 4% (5) 4% (5) Joint replaced† $p = 0.15$ $p = 0.15$ Hip 55% (63) 45% (54) $p = 0.15$ Knee 45% (52) 55% (65) Comorbid conditions† $p = 0.15$ Come 22% (25) 13% (15) Two or more 74% (85) 84% (100) Race† $p = 0.71$ White 67% (76) 70% (82) $p = 0.71$ Other 33% (37) 30% (36) $p = 0.72$ High school 32% (35) 37% (43) $p = 0.72$ High school 32% (35) 37% (43) $p = 0.72$ High school	Age* (yr)	68.1 ± 10.3	68.2 ± 11.2	p = 0.99
Female 63% (72) 64% (76) Body mass index* (kg/m^2) 28.1 ± 6.2 28.1 ± 5.1 $p = 0.93$ Primary diagnosis† 94% (108) 92% (109) $p = 0.91$ Rheumatoid arthritis 4% (5) 4% (5) Other 2% (2) 4% (5) Joint replaced† 4% (5) 45% (54) $p = 0.15$ Knee 45% (52) 55% (65) Comorbid conditions† 4% (5) 3% (4) $p = 0.24$ One 22% (25) 13% (15) 13% (15) Two or more 74% (85) 84% (100) 13% (10) 13% (10) Race† 33% (37) 30% (36) 13% (37) 13% (36) 13% (37) 13% (36) 13% (37) 13% (36) 13% (37) 13% (36) 13% (37) 13% (38) 13% (37) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) 13% (38) <td< td=""><td>Sex†</td><td></td><td></td><td></td></td<>	Sex†			
Body mass index* (kg/m^2) 28.1 ± 6.2 28.1 ± 5.1 $p = 0.93$ Primary diagnosis† 92% (109) $p = 0.91$ Osteoarthritis 94% (108) 92% (109) $p = 0.91$ Rheumatoid arthritis 4% (5) 4% (5) Other 2% (2) 4% (5) Joint replaced† 1 1 Hip 55% (63) 45% (54) $p = 0.15$ Knee 45% (52) 55% (65) Comorbid conditions† 2 2 None 4% (5) 3% (4) $p = 0.24$ One 22% (25) 13% (15) Two or more 74% (85) 84% (100) Race† 2 4 White 67% (76) 70% (82) $p = 0.71$ Other 33% (37) 30% (36) $p = 0.71$ Highest education† $p = 0.72$ $p = 0.72$ High school 32% (35) 37% (43) $p = 0.72$ High school 32% (35) 37% (43) $p = 0.72$ High school 22%	Male	37 % (43)	36% (43)	p = 0.84
Primary diagnosis† Primary diagnosis* Primary		63% (72)	64% (76)	
Osteoarthritis 94% (108) 92% (109) p = 0.91 Rheumatoid arthritis 4% (5) 4% (5) Other 2% (2) 4% (5) Joint replaced†		28.1 ± 6.2	28.1 ± 5.1	p = 0.93
Rheumatoid arthritis 4% (5) 4% (5) Other 2% (2) 4% (5) Joint replaced†				
arthritis Other	Osteoarthritis	94% (108)	92% (109)	p = 0.91
Joint replaced†		4% (5)	4% (5)	
Hip 55% (63) 45% (54) p = 0.15 Knee 45% (52) 55% (65) Comorbid conditions†	Other	2% (2)	4% (5)	
Knee 45% (52) 55% (65) Comorbid conditions† 3% (4) p = 0.24 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)	Joint replaced†			
Comorbid conditions† 3% (4) p = 0.24 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) <t< td=""><td>Hip</td><td>55% (63)</td><td>45% (54)</td><td>p = 0.15</td></t<>	Hip	55% (63)	45% (54)	p = 0.15
conditions† None 4% (5) 3% (4) p = 0.24 One 22% (25) 13% (15) Two or more 74% (85) 84% (100) Race†	Knee	45% (52)	55% (65)	
None 4% (5) 3% (4) p = 0.24 One 22% (25) 13% (15) Two or more 74% (85) 84% (100) Race†	Comorbid			
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) ***	conditions†			
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)	None	4% (5)	3% (4)	p = 0.24
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) 100	One	22% (25)	13% (15)	
White 67% (76) 70% (82) p = 0.71 Other 33% (37) 30% (36) Highest education†	Two or more	74% (85)	84% (100)	
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)	Race†			
Highest education† 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† 34 (28) p = 0.69 With another 74% (83) 71% (84) Other 3% (4) 5% (7) Work status† 20% (22) 20% (23) p = 0.86 Homemaker 15% (17) 11% (13) Retired 48% (53) 53% (62)	White	67% (76)	70% (82)	p = 0.71
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† 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) 11% (13) Retired 48% (53) 53% (62) 53% (62)	Other	33% (37)	30% (36)	
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) 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)	Highest education†			
Undergraduate 28% (31) 22% (26) Postgraduate 20% (22) 22% (26) Living arrangement†	Primary	19% (21)	19% (22)	p = 0.72
Postgraduate 20% (22) 22% (26) Living arrangement† 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)	High school	32% (35)	37% (43)	
Living arrangement† 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)	Undergraduate	28% (31)	22% (26)	
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)	Postgraduate	20% (22)	22% (26)	
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)	Living arrangement†			
Other 3% (4) 5% (7) Work status†	Alone	23% (26)	24% (28)	p = 0.69
Work status† 20% (22) 20% (23) p = 0.86 Homemaker 15% (17) 11% (13) Retired 48% (53) 53% (62)	With another		71% (84)	
Employed 20% (22) 20% (23) p = 0.86 Homemaker 15% (17) 11% (13) Retired 48% (53) 53% (62)	Other	3% (4)	5% (7)	
Homemaker 15% (17) 11% (13) Retired 48% (53) 53% (62)	Work status†			
Retired 48% (53) 53% (62)	Employed	20% (22)	20% (23)	p = 0.86
	Homemaker	15% (17)	11% (13)	
Disabled/other 17% (19) 16% (20)	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.