Update on physiotherapy rehabilitation after total knee or hip replacement

Ontario Health Technology Advisory Committee

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Authors' conclusions
OHTAC recommends the health system support the move towards community-based physiotherapy after primary total knee or hip replacement and discharge from acute care. In regards to location of physiotherapy within the community, the health system should allow for flexibility, depending on the local care context and the patients' needs. Current initiatives that are underway in the province to improve allocation of physiotherapy services for primary hip and knee replacement patients should be supported by the health care system. For patients who could attend an outpatient physiotherapy clinic, consideration may be given to a self-managed home exercise program with a physiotherapist monitoring through phone calls. The full benefit of a preoperative exercise program is not as yet realized.

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