Intensity of rehabilitation during the acute hospitalization period after hip or knee arthroplasty: a rapid review

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Authors' objectives
The objective of this analysis was to assess the effectiveness of increased intensity of rehabilitation during the acute hospitalization period after primary hip arthroplasty and knee arthroplasty.

Authors' conclusions
Research Question 1: Intensity of rehabilitation during the acute care stay after primary hip arthroplasty In total hip arthroplasty (THA) patients receiving higher intensity physiotherapy (PT) rehabilitation compared with lower intensity PT rehabilitation during the immediate acute care hospitalization period, there was: A statistically, but not clinically, significant difference in functional status measured using the Iowa Level of Assistance score at 3 days after surgery, and no significant difference 6 days after surgery based on moderate quality of evidence No significant difference in acute care hospital length of stay based on very low quality of evidence Research Question 2: Intensity of rehabilitation during the acute care stay after primary knee arthroplasty Among total knee arthroplasty (TKA) patients receiving higher intensity PT rehabilitation compared with lower intensity PT rehabilitation during the immediate acute care hospitalization period, there was no significant difference in hospital length of stay based on very low quality of evidence.

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