

Quality Rehabilitation After **HIP** & **KNEE** Replacement



QUICK-TJR



What does it look like?

A Canadian panel of experienced clinicians (physiotherapists, occupational therapists, orthopaedic surgeons), researchers and patients reviewed the high quality research and made recommendations on a set of minimum standards of rehabilitation care before and after primary hip and knee replacement for osteoarthritis

What Are Quality Indicators (QI's)?

10 standards – called quality indicators – apply to the post-acute phase

Clinicians can use these QIs to...

- Implement best practices
- Inform clinical decision-making and treatment planning
- Evaluate treatment effectiveness

Assess

7 QIs recommend ways to assess and track the patient's recovery from their joint replacement:

1.



Pain in the patient's operated joint
2.



Comprehensive exam of the patient's hips and knees e.g., range of motion, strength, balance
3.
&
4.



Day-to-day functional activities using **self-report measures** (e.g., questionnaire) and **performance-based tests** (e.g., walking speed)
5.



Participation in activities that are important to the patient (e.g., work, sports, travel, hobbies)
6.



Quality of life as it relates to the patient's hip or knee replacement
7.



Physical **activity level** and how much time the patient spends sitting

Treat

2 QIs suggest key aspects of a clinician-provided rehabilitation program and exercises including...

8.



Physical therapy and therapeutic exercises that are **individualized to the patient's needs**, supervised, appropriately dosed, regularly progressed and monitored for adherence.
9.



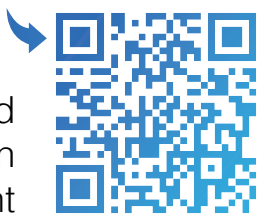
A comprehensive **rehabilitation program** that includes exercises to improve the patient's range of motion, flexibility, strength, balance, and ability to do day-to-day activities.
10.



The last QI suggests **assessing the patient's experience and satisfaction** with rehabilitation

Work with your patients to decide what assessments and treatments are right for them!

SCAN ME!



For more information and resources on rehabilitation after hip and knee replacement