

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



EQUIP-TJR



## What does it look like?

A Canadian panel of experienced clinicians (physiotherapists, occupational therapists, orthopedic 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-hospital phase of recovery.

YOU can use these QIs to....

- Learn what to expect and track your rehab care
- Talk to rehab providers about your needs and personal goals
- Engage in and make decisions about your own care

## Assess

**7 QIs** recommend ways to assess how you are doing as you recover from your joint replacement:

1.

**Pain** in your operated joint
2.

**Comprehensive exam** of your 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 you (e.g., work, sports, travel, hobbies)
6.

**Quality of life** as it relates to your hip or knee replacement
7.

Physical **activity level** and how much time you spend 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 your needs**, supervised, appropriately dosed, regularly progressed and monitored for adherence.
9.

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

The last QI suggests **assessing your experience and satisfaction** with rehabilitation

**Talk to your physiotherapist about what assessments and treatments are right for you!**

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

