

Effectiveness of Prehabilitation in Total Knee or Hip Arthroplasty

Preliminary results of 55 RCTs: a Network Meta-analysis

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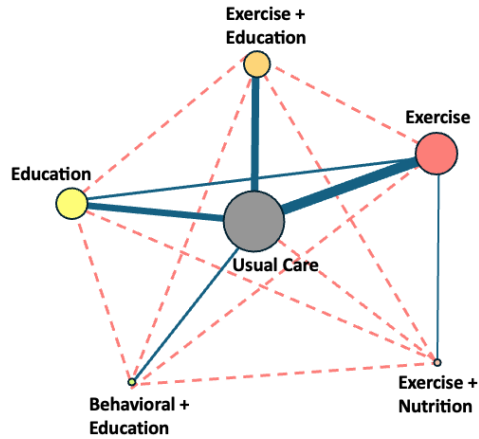
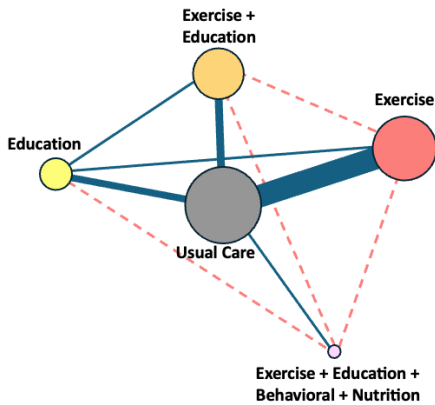


Table 1: Number of prehabilitation interventions and participants across all RCTs

	RCTs	Total	Usual care	Exercise	Education	Exercise Education	Exercise Nutrition	Behavioral Education	Exercise Education Behavioral Nutrition
Total Hip Arthroplasty	20	42 n = 1248	18 n = 561	11 n = 332	5 n = 188	6 n = 126	1 n = 21	1 n = 19	-
Total Knee Arthroplasty	39	83 n = 2968	33 n = 1341	32 n = 801	7 n = 286	10 n = 491	-	-	1 n = 48



Total Hip Arthroplasty



Total Knee Arthroplasty

Fig. 1: Network of prehabilitation comparisons.

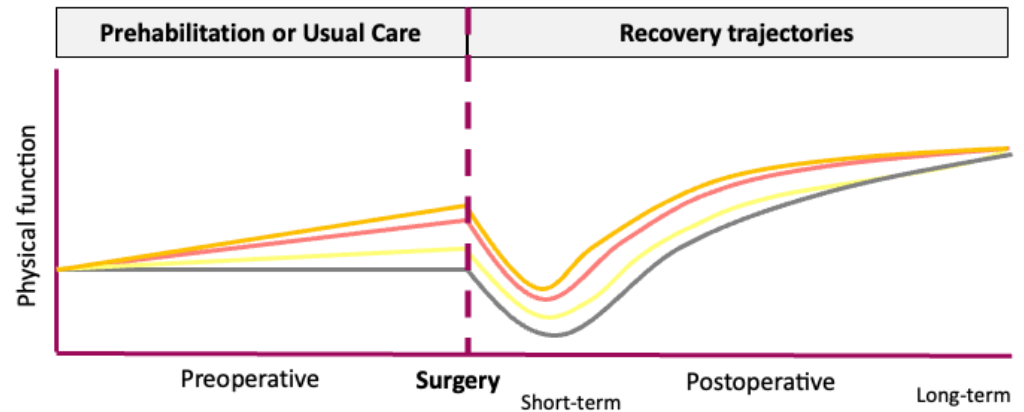


Fig. 2: Hypothetical recovery trajectories after total knee or hip arthroplasty