

# Do patient information booklets on total hip and knee replacement surgeries prescribe exercise regimes that follow ERAS principles?

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## Introduction

Total hip replacement (THR) and total knee replacement (TKR) are two of the most common orthopaedic surgeries that occur in the United Kingdom (UK) each year. Enhanced recovery after surgery (ERAS) programmes aim to decrease convalescence across procedures, morbidity and length of stay. The post-operative physiotherapy routine is standardised across hospitals, however the pathway has been criticised for not containing the correct ingredients for promoting acceleration of return to function. This research aims to analyse the current exercise protocols prescribed to patients within information booklets following THR and TKR in comparison to ERAS principles.

## Methods

- Search terms for patient information booklets were entered into a Google search on Google Chrome.
- Pilot testing was undertaken to verify the flowchart.
- 20 hip and knee rehabilitation booklets were sourced.
- The inclusion and exclusion criteria was applied to the search results.
- A revised flowchart was used to extract data from the booklets.
- The data was organised into basic descriptive statistics for analysis.

## Results

40% of the information booklets sourced identified their pathways to be ERAS.

50-55% of the hospitals stated their patients would be mobilised on the day of surgery.

90% of THR and 100% of TKR guidelines suggested the use of bed exercises for rehabilitation.

15% of THR and 35% of TKR booklets suggested functional exercise as a method of rehabilitation.

Strength or resistance based exercises were proposed in 40% of THR and 55% of TKR booklets.

Exercises were prescribed as three sets of ten repetitions.

22% of THR and 16% of TKR booklets offered guidelines on how to progress stair climbing following the initial advice.



## Conclusions

The information available within patient information booklets for hip and knee replacements appears outdated, with little application of recent, peer-reviewed literature that has offered recommendations of how to enhance recovery after surgery. The guides are dated to be 4 or 5 years old, with the content reflecting this. To progress post-operative rehabilitation effectively, UK NHS hospitals should consider updating their paper resources to ensure both patients and healthcare professionals are well informed of recent literature that aims to improve surgical outcomes. This includes personalising the exercise prescription procedure, mobilising patients on the day of surgery, progressing walking and stair climbing guidelines and replacing static bed exercises with functional and progressive resistance training.



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