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No. 130**Focus on short term post-operative: is telerehabilitation a valid option for total knee arthroplasty patients? A retrospective pilot study.**

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Introduction

In recent years, the interest of arthroplasty registries in patients' health went beyond main outcomes like revision rate and focused also on patients' quality of life. Patient Reported Outcome Measures investigation are aimed to be common practice in registries worldwide in next years and are already established in the most consolidated registries. However, other outcomes are worth of examination, like common practices in post-operative.

In this retrospective case-control study, the role of post-surgery rehabilitation and the suitability of telerehabilitation as an alternative were investigated.

Materials and Methods

Patients undergone elective Total Knee Arthroplasty were considered. Exclusion criteria were: age out of the 50-80 years range; BMI>35; systemic conditions or comorbidities preventing from being suitable for a telerehabilitation.

Patients were divided in a case group who performed telerehabilitation and control group who performed traditional in-presence rehabilitation. The following Clinical outcomes were compared at 12 weeks after the beginning of the physiotherapeutic protocol: Time Up and Go; range of motion; pain intensity; functional status (Oxford Knee Score and Knee injury and Osteoarthritis Outcome Score); overall satisfaction.

Mann-Whitney U test and χ^2 test were used to check for significance in differences between the two groups for continuous and categorical variables, respectively.

Results

Eighty-two patients for each group were included in the study (48 females, 66.8±10.2 mean age for telerehab; 46 females, 65.4±11.8 mean age for in-presence rehab). No statistically significant differences were detected on baseline between groups. Telerehabilitation was non-inferior to traditional in-presence rehabilitation in all of the investigated areas and no statistical difference in terms of effectiveness was detected at 12 weeks.

Discussion

Home-based telerehabilitation protocols with remote supervision by physiotherapists could ensure an adequate post-operative recovery and be an effective and safe alternative. This approach can be suitable for patients with travelling difficulties due to medical, personal and familial conditions.

Notes