# Article information:

Timing of rehabilitation on length of stay and cost in patients with hip or knee joint arthroplasty: A systematic review with meta-analysis - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5456061/>

# Article summary:

1. Early initiation of rehabilitation following joint replacement surgery is associated with a shorter length of stay and lower overall cost.

2. Four randomized clinical trials and five prospective studies showed a decrease in length of stay when compared to standard care.

3. Additional high quality studies with standardized methodology are needed to further examine the impact of early initiation of physical therapy among patients with joint replacement procedures.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Timing of rehabilitation on length of stay and cost in patients with hip or knee joint arthroplasty: A systematic review with meta-analysis" aims to investigate the impact of early initiation of rehabilitation on length of stay (LOS) and cost following total hip arthroplasty, total knee arthroplasty, or unicompartmental knee arthroplasty. The study is based on a systematic review with meta-analysis of 17 studies with 26,614 participants that met the inclusion criteria.

The article provides a comprehensive overview of the increasing prevalence of chronic musculoskeletal conditions such as osteoarthritis (OA) and rheumatoid arthritis (RA), which are expected to become more prevalent as the population ages. The article also highlights the high costs associated with treating these conditions, including physical therapy episodes among Medicare beneficiaries.

The study finds that early initiation of physical therapy following joint replacement procedures is associated with a shorter LOS, lower overall cost, and no evidence of an increased number of adverse reactions. However, the article acknowledges that additional high-quality studies with standardized methodology are needed to further examine the impact of early initiation of physical therapy among patients with joint replacement procedures.

One potential bias in this study is that it only includes studies published in English language peer-reviewed journals. This may exclude relevant studies published in other languages or non-peer-reviewed sources. Additionally, while the study acknowledges that more research is needed to fully understand the impact of early initiation of physical therapy on joint replacement procedures, it does not explore potential counterarguments or limitations to its findings.

Overall, this article provides valuable insights into the potential benefits of early initiation of rehabilitation following joint replacement procedures. However, readers should be aware of potential biases and limitations in the study's methodology and consider additional research before making any clinical decisions based solely on these findings.

# Topics for further research:

* Limitations of early initiation of physical therapy following joint replacement procedures
* Adverse reactions associated with early initiation of rehabilitation after joint replacement
* Standardized methodology for studying the impact of early physical therapy on joint replacement outcomes
* Cost-effectiveness of early initiation of rehabilitation following joint replacement procedures
* Prevalence of chronic musculoskeletal conditions such as osteoarthritis and rheumatoid arthritis
* Medicare coverage for physical therapy episodes following joint replacement procedures

# Report location:

<https://www.fullpicture.app/item/f605dfebb88e3059853b4e212f3a9f5e>