

The University of Bristol and North Bristol NHS Trust are running a research project investigating current post-operative physiotherapy received by patients following total hip and knee replacement after discharge from hospital.

Would it be possible to ask you questions about the current physiotherapy practice at your unit?

Part A - Physiotherapy provision following THR

Q1. What standard Physiotherapy intervention are patients offered following discharge after a total hip replacement?

Intervention	Tick
None offered	
Leaflet/booklet/exercise sheet	
Outpatient physiotherapy	
Circuit/group exercises	
Hydrotherapy	
Domiciliary	
Telephone consultation	
Drop in service	
Other (<i>please state</i>);	

Additional comments;

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If patients are not referred for Physiotherapy

What is the referral process for patients to receive post-operative physiotherapy treatment?

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Physiotherapy Outpatient Intervention (only)

Q1. At what time point are patients referred to outpatients?

Time point	Tick
Within 2 weeks	
2-4 weeks	
4-8 weeks	
8 or more weeks	

Q2. On average how many treatment sessions do they receive?

Number of sessions	Tick
1	
2-4	
5-8	
9-12	
More than 12	
variable	

Q3. What is the typical treatment approach?

Treatment	Tick
Advice	
Specific joint exercises	
Functional exercises	
Manual therapy	
Electrotherapy	
Ice/Heat	
Acupuncture	
Pain management (CBT)	

Additional Information

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Group or exercise class-based physiotherapy (only)

Q1. At what time point are patients referred to exercise group/class?

Time point	Tick
Within 2 weeks	
2-4 weeks	
4-8 weeks	
8 or more weeks	

Q2. How many sessions do they receive?

Number of sessions	Tick
1	
2-4	
5-8	
9-12	
More than 12	

Q3. How long is each session?

Duration of sessions	Tick
0-30 mins	
30-45 mins	
45-60 mins	
More than 60 mins	

Q4. How many members of staff are involved in the sessions?

Q5. What grades are the staff involved in the sessions?

Q6. What treatment/exercises are involved in the sessions?

Treatment	Tick
Advice	
Specific joint strengthening	
Specific joint stretches	
Functional exercises	
Task-related exercises	
Cardiovascular exercises	
Relaxation	
Individualised exercises	
1:1 treatment component	

Additional information

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Leaflet / Booklet / Exercise sheet provision

Q1. What is the content of the material handed out to patients with THR?

Content	Tick
Precautions	
Advice	
Range of motion exercises	
Strengthening exercises	
Stretching exercises	
Functional tasks/exercise	
Gait re-education	

Additional information

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Precautions following THR

What **precautions** are advised for patients following a primary total hip replacement?
Please include **time frames**.

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Part B - Physiotherapy provision following TKR

Q1. What standard Physiotherapy intervention are patients offered following discharge after a total knee replacement?

Intervention	Tick
None offered	
Leaflet/booklet/exercise sheet	
Outpatient physiotherapy	
Circuit/group exercises	
Hydrotherapy	
Domiciliary	

Telephone consultation	
Drop in service	
Other.....	

Additional comments;

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If patients are not referred for Physiotherapy

What is the referral process for patients to receive post-operative physiotherapy treatment?

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Physiotherapy Outpatient Intervention (only)

Q1. At what time point are patients referred to outpatients?

Time point	Tick
Within 2 weeks	
2-4 weeks	
4-8 weeks	
8 or more weeks	

Q2. On average how many treatment sessions do they receive?

Number of sessions	Tick
1	
2-4	
5-8	
9-12	
More than 12	
variable	

Q3. What is the typical treatment approach?

Treatment	Tick
Advice	
Specific joint exercises	
Functional exercises	
Manual therapy	
Electrotherapy	
Ice/Heat	
Acupuncture	
Pain management (CBT)	

Additional Information

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Group or exercise class-based physiotherapy (only)

Q1. At what time point are patients referred to exercise group/class?

Time point	Tick
Within 2 weeks	
2-4 weeks	
4-8 weeks	
8 or more weeks	

Q2. How many sessions do they receive?

Number of sessions	Tick
1	
2-4	
5-8	
9-12	
More than 12	

Q3. How long is each session?

Duration of sessions	Tick
0-30 mins	
30-45 mins	
45-60 mins	
More than 60 mins	

Q4. How many members of staff are involved in the sessions?

Q5. What grades of staff are used in the sessions?

Q6. What treatment/exercises are involved in the sessions?

Treatment	Tick
Advice	
Specific joint strengthening	
Specific joint stretches	
Functional exercises	
Task-related exercises	
Cardiovascular exercises	
Relaxation	
Individualised exercises	
1:1 treatment component	

Additional information

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Leaflet / Booklet / Exercise sheet provision

Q1. What is the content of the material handed out?

Content	Tick
Precautions	
Advice	
Range of motion exercises	
Strengthening exercises	
Stretching exercises	
Functional tasks/exercise	
Gait re-education	

Additional information

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What **precautions** are advised for patients following a primary total knee replacement?
Please include **time frames**.

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Thank you for taking the time to answer these questions.