

Enrolment – Baseline assessment

Preoperative education session or pre-operative clinic (generally within 2-6 weeks of surgery)



Randomization

Typically day 3-4 post surgery, when medically cleared



Discharge from acute care (typically between day 3-6 post-surgery)



Treatment Phase

8 weeks



HI Group – 10 days inpatient rehabilitation
followed by a 6-week home program



HO Group – monitored home program
commencing 2 weeks after surgery



Assessments week 10, 26 and 52 post-surgery