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## facts about enhanced recovery after joint replacement



### 1

#### Joint replacement recovery benefits from ERAS programs



Enhanced recovery after surgery (ERAS) protocols reduce hospital stays, improve patient outcomes and reduce healthcare costs through:

- preoperative optimisation
- perioperative management
- postoperative analgesia
- early mobilisation
- criteria-led discharge.

### 2

#### Prehabilitation may optimise postoperative recovery



Prehabilitation may include:

- patient education and general surgical advice
- exercise, including aerobic exercises, lower limb strength training, flexibility exercises, balance training and functional task activities
- lifestyle modifications, including weight loss, disease education, pain coping strategies, and behaviour change.

### 3

#### Perioperative and intraoperative factors play an important role in ERAS



Factors that help reduce pain and improve wound healing and functional recovery include:

- using minimally invasive surgical techniques
- reducing preoperative fasting protocols
- optimising fluid balance and minimising blood loss.

### 4

#### Anaesthetics help patients access timely postoperative physiotherapy



Careful management of anaesthesia and analgesia may allow patients to start postoperative physiotherapy sooner by:

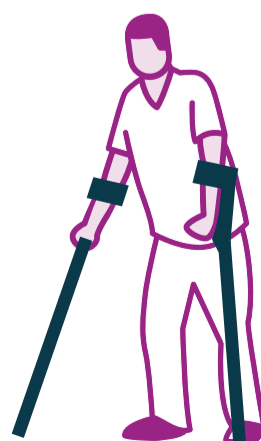
- reducing the need for opioid analgesics to allow quicker return of function
- using antibiotics and antiemetics to reduce the length of hospital stay
- maintaining a normal fluid balance to reduce postoperative complications.

### 5

#### Patients should be mobilised early after joint arthroplasty

Efforts should be made to reduce barriers to mobility by:

- avoiding or minimising patient attachments such as IDCs and wound drains
- encouraging and educating the patient to mobilise as soon as possible following surgery
- following criteria-based discharge pathways.



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