

Author (Year)	Population	Participants, n; (PEDro, type of evidence)	Recommendation Grade	Intervention	Outcome measures	TR ^a duration (weeks)	Follow-up (months)	Results
Moffet et al. 2015 [19]	Total knee arthroplasty (TKA)	205 (TR 104 / Con ^b 101) 8/10, RCT ^c	A	TR = Protocol-based physiotherapy via TR (videoconferencing) + HEP ^d Con = protocol-based physiotherapy visit at home + HEP	(WOMAC ^e)	8	4	Demonstrates the non-inferiority of in-home TR and supports its use as an effective alternative to face-to-face service delivery after hospital discharge of patients following a total knee arthroplasty (for 182 patients in per-protocol analysis): 21.6% (95% CI ⁿ -5.6%, 2.3%) for the total score-1.6% (95% CI -5.9%, 2.8%) for pain, -0.7% (95% CI -6.8%, 5.4%) for stiffness, and -1.8% (95% CI -5.9%, 2.3%) for function
Russell et al 2011 [46]	Total knee arthroplasty	65 (TR 31 / Con 34), 8/10, RCT	A	TR=clinical pathway protocol via TR videoconferencing, plus HEP Con=clinical protocol face-to-face physiotherapy + HEP	WOMAC	6	1.5	Outcomes via TR at 6 weeks following a total knee arthroplasty were comparable with those after conventional rehabilitation. All participants had significant improvement in all outcome measures with the intervention ($P<.01$ for all). Better outcomes for the Patient-Specific Functional Scale and the stiffness subscale of the WOMAC were found in the TR group ($P<.05$)

^aTR: telerehabilitation group.

^bCon: control group.

^cRCT: randomized clinical trial.

^dHEP: home exercise program.

^eWOMAC: Western Ontario & McMaster Universities Arthritis Scale.

^fVAS: Visual Analogue Scale.

^gKOOS: Knee injury and Osteoarthritis Outcome Score.

^hPS: physical Function Short Form

ⁱMCSI: minimal clinically significant improvement.

^jPCS: physical component scores

^kMCS: mental component scores

^lROM: range of motion.

^mPRO: patient-reported outcome.

ⁿCI: confidence interval.

^oFIM: functional independence measures.

^pSF-36: questionnaire short-form 36

^qPF: physical function

^rRF: role physical

^sBP: bodily pain

^tSF: social Function

^uVT: vitality

^vMH: mental Health

^wFFbH: the Hanover Functional Ability Questionnaire

^xStS: staffelstein Score

^yHSS: hospital for special surgery score