

Supplementary material 3. Excluded articles with reason for exclusion.

Reference	Reason		
Arana M, Harper L, Huanying Q, Mabrey J, 2017. Reducing Length of Stay, Direct Cost, and Readmissions in Total Joint Arthroplasty Patients With an Outcomes Manager-Led Interprofessional Team. <i>Orthop Nurs</i> 36, 279-286.	No control group	1	1
Cole K, Kruger M, Bates D, Steil G, Zbreski M, 2009. Physical demand levels in individuals completing a sports performance-based work conditioning/hardening program after lumbar fusion. <i>Spine J</i> 9, 39-46.	No control group	2	2
Lichtenstein R, Semaan S, Marmar EC, 1993. Development and impact of a hospital-based perioperative patient education program in a joint replacement center. <i>Orthop Nurs</i> 12, 17-46.	No control group	3	3
Dawson-Bowling SJ, Jha S, Chettiar KK, East DJ, Gould GC, Apthorp HD, 2014. A multidisciplinary enhanced recovery programme allows discharge within two days of total hip replacement; three- to five-year results of 100 patients. <i>Hip int</i> 24, 167-174.	No control group	4	4
Day MA, Anthony CA, Bedard NA, Glass NA, Clark CR, Callaghan JJ, Noiseux NO, 2018. Increasing Perioperative Communication With Automated Mobile Phone Messaging in Total Joint Arthroplasty. <i>J Arthroplasty</i> 33, 19-24.	No control group	5	5
Erickson B, Perkins M, 1994. Interdisciplinary team approach in the rehabilitation of hip and knee arthroplasties. <i>Am J Occup Ther</i> 48, 439-445.	No control group	6	6
Barker KL, Beard D, Price A, Toye F, Underwood M, Drummond A, Collins G, Dutton S, Campbell H, Kenealy N, Room J, Lamb SE, 2016. Community-based Rehabilitation after Knee Arthroplasty (CORKA): study protocol for a randomised controlled trial. <i>Trials</i> 17, 501.	Not a relevant intervention	1	7
Bottros J, Klika AK, Milidonis MK, Toetz A, Fehribach A, Barsoum WK, 2010. A rapid recovery program after total hiarthroplasty. <i>Curr Orthop Pract</i> 21, 381-384.	Not a relevant intervention	2	8
Clemow. 2009. Collaborative working to improve the return of patients to their usual place of residence following fractured neck of femur. <i>J Orthop Nurs</i> 13, 217-217.	Not a relevant intervention	3	9
Doiron-Cadrin P, Kairy D, Vendittoli PA, Lowry V, Poitras S, Desmeules F, 2016. Effects of a tele-prehabilitation program or an in-person prehabilitation program in surgical candidates awaiting total hip or knee arthroplasty: Protocol of a pilot single blind randomized controlled trial. <i>Contemp Clin Trials</i> 4, 192-198.	Not a relevant intervention	4	10
van Eck C, Toor A, Banffy MB, Gambardella RA. 2018. Web-Based Education Prior to Outpatient Orthopaedic Surgery Enhances Patient Satisfaction Scores: A Prospective, Randomized Controlled Study. <i>Arthroscopy</i> 34 (0): e27-e28.	Not a relevant intervention	5	11
Eichler S, Rabe S, Salzwedel A, Muller S, Stoll J, Tilgner N, John M, Wegscheider K, Mayer F, Voller H, 2017. Effectiveness of an interactive telerehabilitation system with home-based exercise training in patients after total hip or knee replacement: Study protocol for a multicenter, superiority, no-blinded randomized controlled trial. <i>Trials</i> 18.	Not a relevant intervention	6	12
Eriksson L, Lindstrom B, Gard G, Lysholm J, 2009. Physiotherapy at a distance: a controlled study of rehabilitation at home after a shoulder joint operation. <i>J Telemed Telecare</i> 15, 215-220.	Not a relevant intervention	7	13
Flikweert ER, Izaks GJ, Reininga IH, Wendt KW, Stevens M, 2013. Evaluation of the effect of a comprehensive multidisciplinary care pathway for hip fractures: design of a controlled study. <i>BMC Musculoskelet Disord</i> 14, 291.	Not a relevant intervention	8	14
Hall M, Hinman RS, Wrigley TV, Roos EM, Hodges PW, Staples MP, Bennell KL, 2015. Neuromuscular Exercise post Partial Medial Meniscectomy: Randomized Controlled Trial. <i>Med Sci Sports Exerc</i> 47, 1557-1566.	Not a relevant intervention	9	15
Heikkinen K, Salantera S, Suomi R, Lindblom A, Leino-Kilpi H, 2011. Ambulatory orthopaedic surgery patient education and cost of care. <i>Orthop Nurs</i> 30, 20-28.	Not a relevant intervention	10	16
Jepso P, Beswick, AD, Davis ET, Blom AW, Sackley CM, 2016. A feasibility randomised controlled trial of pre-operative occupational therapy to optimise	Not a relevant intervention	11	17

recovery for patients undergoing primary total hip replacement for osteoarthritis (PROOF-THR). <i>Clin Rehabil</i> 30, 156-166.			
Kale V, Box T, Stevens M, Houlihan-Burne D, Messer C, 2011. Does a rapid recovery programme continue to improve outcomes in hip and knee arthroplasty 3 years after introduction of the programme? <i>BJA</i> 66, 403-404.	Not a relevant intervention	12	18
Kim BJ, Ahn J, Cho H, Kim D, Kim T, Yoon B, 2015. Rehabilitation with osteopathic manipulative treatment after lumbar disc surgery: A randomised, controlled pilot study. <i>Int J Osteopath Med</i> 18, 181-188.	Not a relevant intervention	13	19
Kim, JK, Taeyeong K, Junghoon A, Heecheol C, Dongyun K, Bumchul Y, 2017. Manipulative rehabilitation applied soon after lumbar disc surgery improves late post-operative functional disability: A preliminary 2-year follow-up study. <i>J Back Musculoskelet Rehabil</i> 30, 999-1004.	Not a relevant intervention	14	20
Kim K, Pham D, Schwarzkopf R, 2016 Mobile Application Use in Monitoring Patient Adherence to Perioperative Total Knee Arthroplasty Protocols. <i>Surg Technol Int</i> 28, 253-260.	Not a relevant intervention	15	21
Krummenauer F, Guenther KP, Kirschner S, 2011. Cost effectiveness of total knee arthroplasty from a health care providers' perspective before and after introduction of an interdisciplinary clinical pathway--is investment always improvement? <i>BMC Health Serv Res</i> 11, 338.	Not a relevant intervention	16	22
Madden JW, De Vore G, Arem AJ, 1977. A rational postoperative management program for metacarpophalangeal joint implant arthroplasty. <i>J Hand Surg</i> 2, 358-366.	Not a relevant intervention	17	23
Marsh J, Hoch JS, Bryant D, MacDonald SJ, Naudie D, McCalden R, Howard J, Bourne R, McAuley J, 2014. Economic evaluation of web-based compared with in-person follow-up after total joint arthroplasty. <i>J Bone Joint Surg</i> 96, 1910-1916.	Not a relevant intervention	18	24
Marsh JD, Bryant DM, MacDonald SJ, Naudie DD, McCalden RW, Howard JL, Bourne RB, McAuley JP, 2014. Feasibility, effectiveness and costs associated with a web-based follow-up assessment following total joint arthroplasty. <i>J Arthroplasty</i> 29, 1723-1728.	Not a relevant intervention	19	25
Matthews PA, Scammell BE, Ali A, Coughlin T, Nightingale J, Khan T, Ollivere BJ. 2018. Early motion and directed exercise (EMADE) versus usual care post ankle fracture fixation: study protocol for a pragmatic randomised controlled trial. <i>Trials</i> 19 (1): 304.	Not a relevant intervention.	20	26
Moffet H, Tousignant M, Nadeau S, Merette C, Boissy P, Corriveau H, Marquis F, Cabana F, Belzile EL, Ranger P, Dimentberg R, 2017. Patient Satisfaction with In-Home Telerehabilitation After Total Knee Arthroplasty: Results from a Randomized Controlled Trial. <i>Telemed J E Health</i> 23, 80-87.	Not a relevant intervention	21	27
Moffet H, Tousignant M, Nadeau S, Merette C, Boissy P, Corriveau H, Marquis F, Cabana F, Ranger P, Belzile, EL, Dimentberg R, 2015. In-Home Telerehabilitation Compared with Face-to-Face Rehabilitation After Total Knee Arthroplasty: A Noninferiority Randomized Controlled Trial. <i>J Bone Joint Surg</i> 97, 1129-1141.	Not a relevant intervention	22	28
Naville J, Volz T, Curry J, 2009. A multidisciplinary approach to total joint replacement. <i>Home Health Care Manag Pract</i> 21, 415-418.	Not a relevant intervention	23	29
Pastora-Bernal JM, Martin-Valero R, Baron-Lopez FJ, Garcia-Gomez O. 2017. Effectiveness of telerehabilitation programme following surgery in shoulder impingement syndrome (SIS): study protocol for a randomized controlled non-inferiority trial. <i>Trials</i> 18 (1), 82.	Not a relevant intervention	24	30
Piqueras M, Marco E, Coll M, Escalada F, Ballester A, Cinca C, Belmonte R, Muniesa JM, 2013. Effectiveness of an interactive virtual telerehabilitation system in patients after total knee arthroplasty: a randomized controlled trial. <i>J Rehabil Med</i> 45, 392-396.	Not a relevant intervention	25	31
Russell TG, Buttrum P, Wootton R, Jull GA, 2003. Low-bandwidth telerehabilitation for patients who have undergone total knee replacement: preliminary results. <i>J Telemed Telecare</i> 9, S44-S47.	Not a relevant intervention	26	32
Russell TG, Buttrum P, Wootton R, Jull GA, 2011. Internet-based outpatient	Not a relevant	27	33

telerehabilitation for patients following total knee arthroplasty: a randomized controlled trial. <i>J Bone Joint Surg</i> 93, 113-120.	intervention		
Strom J, Nielsen CV, Jorgensen LB, Andersen NT, Laursen M. 2019. A web-based platform to accommodate symptoms of anxiety and depression by featuring social interaction and animated information in patients undergoing lumbar spine fusion: a randomized clinical trial. <i>Spine J</i> 19 (5): 827-839.	Not a relevant intervention	28	34
Thomas K, Burton D, Withrow L, Adkisson B, 2004. Impact of a preoperative education program via interactive telehealth network for rural patients having total joint replacement. <i>Orthop Nurs</i> 23, 39-44.	Not a relevant intervention	29	35
Tousignant M, Moffet H, Boissy P, Corriveau H, Cabana F, Marquis E, 2011. Patients and physiotherapists satisfaction of in-home telerehabilitation for post-knee arthroplasty. <i>Telemed J E Health</i> 1, eS1246-eS1247.	Not a relevant intervention	30	36
Tousignant M, Boissy P, Moffet H, Corriveau H, Cabana F, Marquis F, Simard J, 2011. Patients' satisfaction of healthcare services and perception with in-home telerehabilitation and physiotherapists' satisfaction toward technology for post-knee arthroplasty: an embedded study in a randomized trial. <i>Telemed J E Health</i> 17, 376-382.	Not a relevant intervention	31	37
Tousignant M, Moffet H, Boissy P, Corriveau H, Cabana F, Marquis F, 2011. A randomized controlled trial of home telerehabilitation for post-knee arthroplasty. <i>J Telemed Telecare</i> 17, 195-198.	Not a relevant intervention	32	38
Trahey PJ, 1991. A comparison of the cost-effectiveness of two types of occupational therapy services. <i>Am J Occup Ther</i> 45, 397-400.	Not a relevant intervention	33	39
Burns A, Park K, 1992. Proximal Femoral Fractures in the Female Patient, a Controlled Trial: the Role of the Occupational Therapist and the Physiotherapist. <i>Br J Occup Ther</i> 55, 397-400.	Patients are not from working age (18-65 years)	1	40
Greenglass ER, Marques S, deRidder M, Behl S, 2005. Positive coping and mastery in a rehabilitation setting. <i>Int J Rehabil Res</i> 28, 331-339.	Patients are not from working age (18-65 years)	2	41
Hardt S, Schulz MRG, Pfitzner T, Wassilew G, Horstmann H, Liodakis E, Weber-Spickschen TS. 2018. Improved early outcome after TKA through an app-based active muscle training programme-a randomized-controlled trial. <i>Knee Surg Sports Traumatol Arthrosc</i> 26 (11): 3429-3437.	Patients are not from working age (18-65 years)	3	42
Kline PW, Melanson EL, Sullivan WJ, Blatchford PJ, Miller MJ, Stevens-Lapsley JW, Christiansen CL. 2019. Improving Physical Activity Through Adjunct Telerehabilitation Following Total Knee Arthroplasty: Randomized Controlled Trial Protocol. <i>Phys Ther</i> 99 (1): 37-45.	Patients are not from working age (18-65 years)	4	43
Piva SR, Schneider MJ, Moore CG, Catelani MB, Gil AB, Klatt AB, DiGioia AM, Almeida GJ, Khoja SS, Sowa G, Irrgang JJ. 2019. Effectiveness of Later-Stage Exercise Programs vs Usual Medical Care on Physical Function and Activity After Total Knee Replacement: A Randomized Clinical Trial. <i>JAMA Netw Open</i> 2 (2): e190018-e190018.	Patients are not from working age (18-65 years)	5	44
van der Sluis G, Goldbohm RA, Bimmel R, Galindo Garre F, Elings J, Hoogeboom TJ, van Meeteren NL, 2015. What augmented physical activity and empowerment can bring to patients receiving total knee replacement: content, implementation, and comparative effectiveness of a new function-tailored care pathway in a routine care setting. <i>BioMed Res.Int</i> , 1-8.	Patients are not from working age (18-65 years)	6	45
Waddington L, 2016. An integrated health and social care pilot study, in elective orthopaedics. 79, 67-67.	Patients are not from working age (18-65 years)	7	46
Therrien M, Fuentes A, Landry P, ElHachem C, Pontbri R, 2016. Real-world clinical result from a multimodal management program for knee osteoarthritis. <i>Osteoarthritis Cartilage</i> 1, S431.	No orthopaedic surgery patients	1	47
Arshad H, Royan S, Smith T, Barker L, Chirodian N, Wimhurst J, 2014. Norwich Enhanced Recovery Programme vs. non-enhanced recovery following hip and knee replacement: A matched-cohort study. <i>Int J Orthop Trauma Nurs</i> 18, 227-234.	No relevant outcome measures	1	48

Bitsaki M, Koutras G, Heep H, Koutras C, 2017. Cost-Effective Mobile-Based Healthcare System for Managing Total Joint Arthroplasty Follow-Up. <i>Healthc</i> 23, 67-73.	No relevant outcome measures	2	49
Eriksson L, Lindstrom B, Ekenberg L, 2011. Patients' experiences of telerehabilitation at home after shoulder joint replacement. <i>J Telemed Telecare</i> 17, 25-30.	No relevant outcome measures	3	50
Christiansen DH, Frost P, Falla D, Haahr JP, Frich LH, Andrea LC, Svendsen SW. 2016. Effectiveness of Standardized Physical Therapy Exercises for Patients With Difficulty Returning to Usual Activities After Decompression Surgery for Subacromial Impingement Syndrome: Randomized Controlled Trial. <i>Phys Ther</i> 96, 787-796.	No relevant outcome measures	4	51
Kennedy DM, Robarts S, Woodhouse L, 2010. Patients are satisfied with advanced practice physiotherapists in a role traditionally performed by orthopaedic surgeons. <i>Physiother Can</i> 62, 298-305.	No relevant outcome measures	5	52
Kalron A, Tawil H, Peleg-Shani S, Vatine JJ. 2018. Effect of telerehabilitation on mobility in people after hip surgery: a pilot feasibility study. <i>Int J Rehabil Res</i> 41 (3): 244-250.	No relevant outcome measures	6	53
McCann-Spry L, Pelton J, Grandy G, Newell D, 2016. An Interdisciplinary Approach to Reducing Length of Stay in Joint Replacement Patients. <i>Orthop Nurs</i> 35, 279-300.	No relevant outcome measures	7	54
Poole JL, Walenta M, Heeter A, Alonzo V, Coe A, Moneim M, 2011. A Pilot Study Comparing of Two Therapy Regimens Following Carpometacarpal Joint Arthroplasty. <i>Phys Occup Ther Geriatr</i> 29, 327-336.	No relevant outcome measures	8	55
Pearson S, Moraw I, Maddern GJ, 2000. Clinical pathway management of total knee arthroplasty: A retrospective comparative study. <i>Aust N Z J Surg</i> 70, 351-354.	No relevant outcome measures	9	56
Thomas K, 2003. Clinical pathway for hip and knee arthroplasty. <i>Physiotherapy</i> 89, 603-609.	No relevant outcome measures	10	57
Waddington L. 2016. An integrated health and social care pilot study, in elective orthopaedics. <i>Br J Occup Ther</i> 79 (0): 67-67.	No relevant outcome measures	11	58
Zheng H, Rosal MC, Oatis CA, Li W, Franklin PD, 2013. Tailored system to deliver behavioral intervention and manage data in randomized trials. <i>Journal of medical internet research</i> . <i>J Med Internet Res</i> 15, e58.	No relevant outcome measures	12	59
Szöts K, Konradsen H, Solgaard S, Bogo S, Ostergaard B, 2015. Nurse-led telephone follow-up after total knee arthroplasty--content and the patients' views. <i>J Clin Nurs</i> 24, 2890-2899.	Qualitative study	1	60
Archer KR, Coronado RA, Haug CM, Vanston SW, Devin CJ, Fannesbeck CJ, Aaronson OS, Cheng JS, Skolasky RL, Riley LH, Wegener ST, 2014. A comparative effectiveness trial of postoperative management for lumbar spine surgery: changing behavior through physical therapy (CBPT) study protocol. <i>BMC Musculoskelet Disord</i> 15, 325.	Protocol paper only	1	61
Hussain MS, Li J, Brindal E, van Kasteren Y, Varnfield M, Reeson A, Berkovsky S, Freyne J, 2017. Supporting the Delivery of Total Knee Replacements Care for Both Patients and Their Clinicians With a Mobile App and Web-Based Tool: Randomized Controlled Trial Protocol. <i>JMIR Res Protoc</i> 6, e32.	Protocol paper only	2	62
Saunders R, Seaman K, Ashford C, Sullivan T, McDowall J, Whitehead L, Ewens B, Pedler K, Gullick K. 2018. An eHealth Program for Patients Undergoing a Total Hip Arthroplasty: Protocol for a Randomized Controlled Trial. <i>JMIR Res Protoc</i> 7 (6): e137.	Protocol paper only	3	63
Svendsen SW, Christiansen DH, Haahr JP, Andrea LC, Frost P, 2014. Shoulder function and work disability after decompression surgery for subacromial impingement syndrome: A randomised controlled trial of physiotherapy exercises and occupational medical assistance. <i>BMC Musculoskelet Disord</i> 15, 215.	Protocol paper only	4	64

Witjes S, Hoorntje A, Kuijer PP, Koenraadt KL, Blankevoort L, Kerkhoffs GM, van Geenen RC, 2016. Does Goal Attainment Scaling improve satisfaction regarding performance of activities of younger knee arthroplasty patients? Study protocol of the randomized controlled ACTION trial. <i>BMC Musculoskelet Disord</i> 17, 113.	Protocol paper only.	5	65
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