Figure 1: Cohort ascertainment, randomisation, and study timeline

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