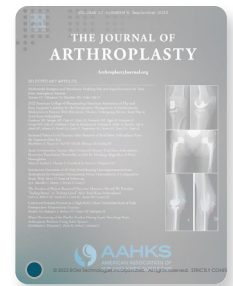


DATA SUMMARY

A Home-Based, Remote-Clinician-Controlled, Physical Therapy Device Leads to Superior Outcomes When Compared to Standard Physical Therapy for Rehabilitation after Total Knee Arthroplasty

Authors: *Spencer Summers, MD; Ryan Nunley, MD; Eric Slotkin, DO*

Publication: *Journal of Arthroplasty, published online October 14, 2022*



OVERVIEW

A recent study published in the *Journal of Arthroplasty* has provided groundbreaking new data to support the use of PortableConnect® for outpatient rehabilitation after knee replacement surgery.

The retrospective review compared outcomes between patient groups assigned to postop rehab with either in-home, remote physical therapy (PT) using the PortableConnect system, or outpatient standard therapy protocol (STP).

270 CONSECUTIVE TOTAL KNEE ARTHROPLASTY (TKA) PATIENTS

- No statistically significant differences at baseline between groups
- Same implant, approach, and surgical protocol for all patients
- Same prehabilitation for all patients
- Progress evaluated at 2, 6, and 12 weeks

PortableConnect: 135 PATIENTS

- 2-5 structured sessions per day
- No additional PT prescribed
- Data monitored remotely by physical therapist
- Patients are contacted if data falls outside expected parameters

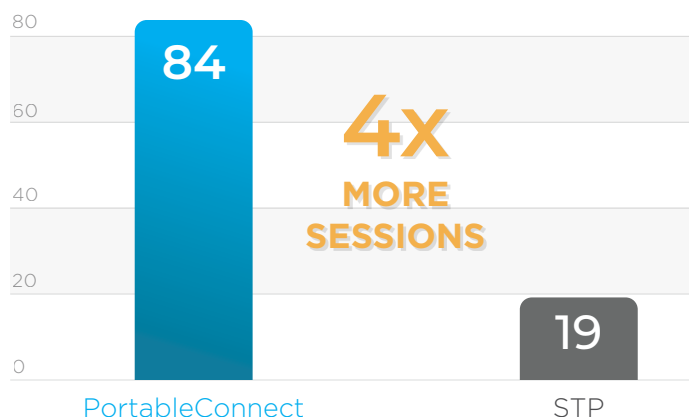
STANDARD THERAPY PROTOCOL: 135 PATIENTS

- 4 weeks (minimum) of in-person, outpatient therapy sessions
- 2-3 times per week
- Multifaceted 'standard of care' program included stretching, strength and conditioning, gait and ambulation training, and the use of therapeutic equipment

RESULTS

PATIENTS ARE MORE COMPLIANT WITH PortableConnect

Total Therapy Sessions Over 12 Weeks

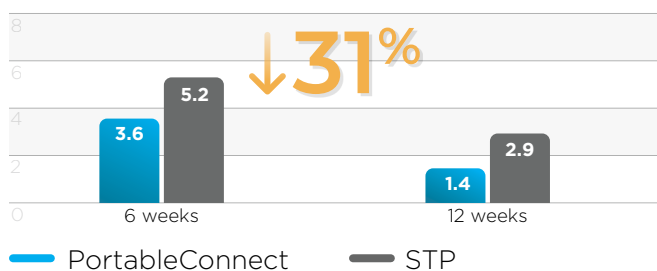


Patients using the PortableConnect system completed an average of 65 more sessions compared to patients participating in physical therapy.

“This frequency and quantity of sessions is believed to be one of the major causes of superior results from the [PortableConnect] protocol. It is nonreplicable, for practical purposes, with standard outpatient therapy.”

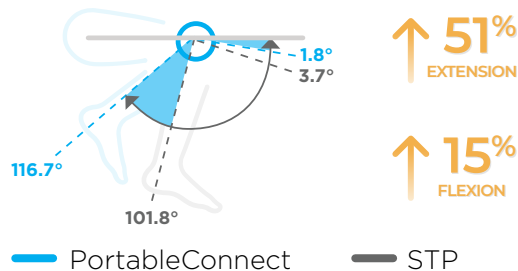
31% LESS PAIN

$P < 0.0001$



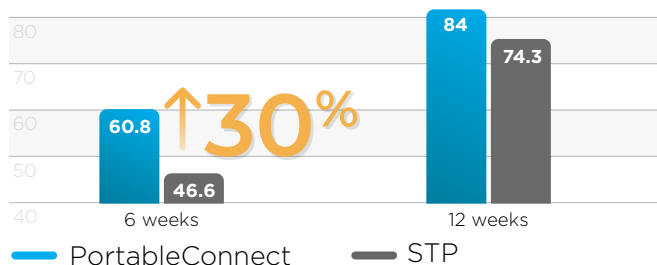
IMPROVED RANGE OF MOTION

6 WEEKS POST-PROCEDURE: $P < 0.0001$



30% HIGHER KOOS JR*

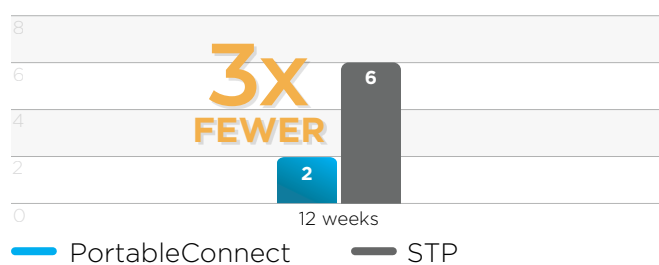
$P < 0.0001$



*Knee Injury and Osteoarthritis Outcome Score, Joint Replacement.

3X FEWER MUA*

$P = 0.28$



*Manipulation Under Anesthesia.

A POSITIVE CASCADE OF EFFECTS

The study's authors also noted the **clinically established connections between the measured outcomes and further benefits, such as:**

- Reduced narcotic usage
- Accelerated quadriceps strength
- Reduced joint swelling and stiffness
- Increased patient mobility

CONCLUSIONS

- PortableConnect was **superior to standard physical therapy** protocol following TKA
- Statistically significant differences were **found at all time points for all outcome measures** in favor of PortableConnect

DISCOVER THE DATA BEHIND PortableConnect

Scan the QR Code to access the article online or visit www.ROMTech.com to see how PortableConnect could help improve YOUR patients' outcomes.



REFERENCE: Summers S, Nunley R, Slotkin E. A home-based, remote-clinician-controlled, physical therapy device leads to superior outcomes when compared to standard physical therapy for rehabilitation after total knee arthroplasty. *J Arthroplasty*. 2022;S0883-5403(22)00929-9. doi:10.1016/j.arth.2022.10.009