



# Performance Physical Therapy Joint Academy

The Performance Joint Academy provides patients who are managing hip or knee arthritis access to research backed, customized and individualized OA rehab by removing the traditional barriers to rehab. Every patient is evaluated and cared for by a licensed physical therapist who will help direct their care through multiple patient platforms and communication with the patient's physician.

## Criteria for Enrollment

Patients appropriate for the Joint Health Program must meet the following criteria:

- Adults age 50 to 80 years old
- (+) Diagnosis of Osteoarthritis of the hip, confirmed by X-ray
- (+) Diagnosis of Osteoarthritis of the knee, confirmed with X-ray

## Communication From PT -> PCP

- Written Summary of Initial Evaluation and Plan of Care
- Written Monthly Progress Report
- A phone call from therapist with any shift in change status
- Recommendations for other potential interventions
- Results of Screening (Vital, BMI, Psychosocial, Sleep)

## Care & Resources

PPT Joint  
Academy

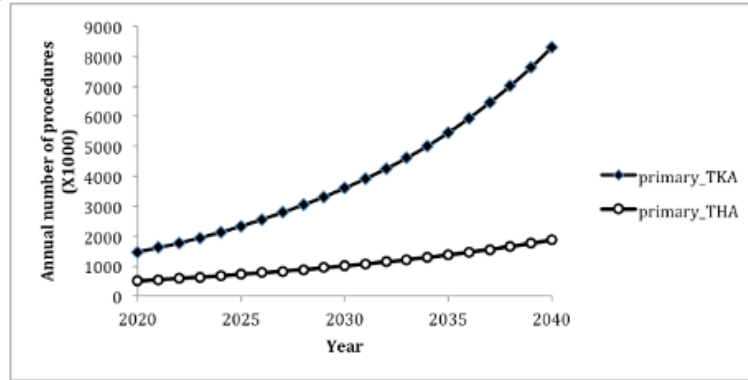
Initial evaluation to assess patient's limitations & prognosis	✓
Medical Screening (vitals, BMI, behavioral health, sleep)	✓
Plan of Care Communication with referring physician	✓
Discharge plan with necessary follow-up	✓
Guidance from physical therapists	✓
Long-term management	✓
Telemedicine appointments available	✓
Online interactive OA specific exercise videos	✓
LIVE online Group Exercise Classes	✓
Customized exercise program through the Performance PT App	✓
In app text messaging with physical therapist	✓
Progress tracking throughout 12 months	✓
Patient engagement & functional outcome tracking	✓





### What the Research Shows:

- It has been estimated that the use of total joint replacement in the U.S. will increase 174% for hips and 673% for knees by the year 2030.<sup>1,5</sup>



- Studies show that 15-20% of patients are not satisfied with results following Total knee replacement (TKR)<sup>2</sup>
- 33% of all OA surgeries are deemed to be "inappropriate".<sup>3</sup>

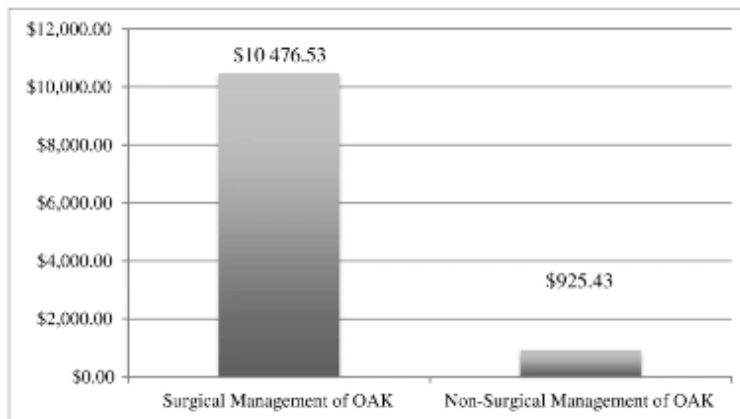
### Costs Range for Knee Replacement Surgery\*:

Boston - Worcester Area: \$18,000 - \$53,000

*\*Study by Blue Cross and Blue Shield Association in collaboration with Blue Health Intelligence and based on claims from independent Blue Cross companies, including Blue Cross & Blue Shield of Rhode Island.*



- In a Canadian Study of comprehensive conservative management vs. surgical management there was an average savings of \$9551.10 per patient over a 2-year period.<sup>4</sup>



The average surgical costs

1. Kurtz S, Ong K, Lau E, et al. Projections of primary and revision hip and knee arthroplasty in the United States from 2005 to 2030. *J Bone Joint Surg Am.* 2007;89:780–785
2. Judge A, Arden NK, Cooper C, Kassim Javid M, Carr AJ, Field RE, Dieppe P. Predictors of outcomes of total knee replacement surgery. *Rheumatology (Oxford).* 2012;51:1804–1813.
3. Cobos R, Latorre A, Aizpuru F, et al. Variability of indication criteria in knee and hip replacement: an observational study. *BMC Musculoskelet Disord.* 2010;11:249. Published 2010 Oct 26. doi:10.1186/1471-2474-11-249
4. Mahendra, L, Jones, C., Papachristos, A. et al. Comparative clinical and cost analysis between surgical and non-surgical intervention for knee osteoarthritis. *International Orthopaedics (SICOT)* 44, 77–83 (2020). <https://doi.org/10.1007/s00264-019-04405-y>
5. Singh JA, Yu S. Rates of Total Joint Replacement Utilization in the U.S.: Future Projections to 2020-2040 Using the National Inpatient Sample [abstract]. *Arthritis Rheumatol.* 2017; 69 (suppl 10). <https://acrabstracts.org/abstract/rates-of-total-joint-replacement-utilization-in-the-u-s-future-projections-to-2020-2040-using-the-national-inpatient-sample/>. Accessed August 5, 2020.