Introduction
The third Total Joint Replacement Center of the Hospital Authority was established in Pok Oi Hospital since 1 September 2014. To satisfy the increasing demand on rehabilitation of total joint replacement, to alleviate the medical costs on the healthcare system and to achieve the most patients’ satisfactory post-operative outcome, enhancing our physiotherapy services in Pok Oi Hospital for patients with total joint replacement is obligatory. A fast track physiotherapy pathway for total knee arthroplasty emphasizing on early mobilization and starting weight bearing exercises as early as post-operation day 1 was introduced.

Objectives
A pilot study to evaluate the effectiveness of the fast track physiotherapy pathway for patients with total knee arthroplasty.

Methodology
From 1 September 2014 onwards, patients underwent total knee arthroplasty in Pok Oi Hospital were recruited. Those transferred to Tuen Mun Hospital due to unstable medical condition were excluded. Pre-operatively, the fast track physiotherapy pathway was introduced to patients for psychological preparation. On post-operation day 1, the physiotherapist would assess the patients. In addition to standard protocol, patients were assisted and encouraged to actively and passively mobilize the knee joints and start weight bearing exercises (eg. Standing, stepping, or walking) during the physiotherapy session. Intensive physical training would be continued during hospitalization.
From 1 September to 31 December 2014, 121 patients were recruited. The mean age was 66.67±7.82 and male to female ratio was 30.6% to 69.4%. Over 55% of patients could start weight bearing exercises on post-operation day 1. The average length of stay (ALOS) for patients with total knee arthroplasty was 11.92±3.71 days. Comparing with our study in 2013 [1], the ALOS was significantly reduced by 34% (ALOS 18.1±5.6 days). Early mobilization and ambulation by physiotherapists plays an important role in promoting faster return of physical function, preventing undesired complications and minimizing decondition during hospitalization. Patients felt satisfactory about early regain of physical independence and shorter period of hospitalization. In conclusion, the fast track physiotherapy pathway is one of the crucial factors to shorten the length of stay which helps the Hospital in alleviating the increasing demand of total knee arthroplasty and the medical costs of the health care system. References: 1. Liu PS, Tam ST, Ho WL, Lee WY, Tang PL, Mok YC, Law YT. (2013) The effectiveness of physiotherapy for patients after Total Knee Replacement and the relationship between Physical measures and Length of Stay.