

Supplementary Material

Appendix 1. Content of the multicomponent physical therapy intervention (FLITZ)

This blended intervention, called FLITZ, contained both eHealth (e) and non-eHealth elements:

- Digital (e) and paper information on physical activity before, during and after discharge;
The paper information was given prior surgery and the digital information was available on the webpage of the hospital.
- Exercise movie (e) on strength or mobility available on hospital television, mobile phone, laptop or tablet;
The exercise movie was broadcasted on hospital television three times a day for mobility and three times a day or strength. Movies also contained a break with information about improving physical activity during recovery. The exercises varied daily in a cycle of five days and lasted 20 minutes. The exercise movie was also available on YouTube.
- Activity planner: a board with icons nearby the bed of the patient to improve communication on the functional mobility of the patient;
This board described the degree of independence the patient had during transfers and other activities and which tools were used. The Activity planner was adjusted by the physiotherapist daily and discussed with the patient.
- Fitbit Flex™ (e) or a pedometer: a pedometer to monitor their own physical activity;
A Fitbit Flex™ Activity Tracker was available to wear and to connect to the Fitbit-app on the patient's own phone or iPad. A pedometer was also available to count the number of steps during the day.
Steps were registered by the patient in the movement diary.
- Personal activity coaching: the ability to contact a physiotherapist by email (e) or phone during admission and one month after discharge; this physiotherapist was available daily at working hours and on weekend by email.
- Physitrack (e): a digital exercise program with individual exercises for patients;
This digital exercise program existed of a personalized program that was put together by the physiotherapist. These exercises were offered by playing videos by the internet or an app on the patient's own phone or iPad.
Patients were also asked to fill in their experience and pain level during the exercises. This way pain level and adherence of therapy could be monitored so that the program could be adjusted.
- Patients received exercise materials with physical related items prior surgery

FLITZ= Fysiotherapie ter bevordering van Lichamelijke activiteit door Training tijdens de Ziekenhuisopname

(Physiotherapy for the promotion of physical activity through training during hospitalisation)
