

Supplementary Table 1: LIA alone vs Combined intervention Outcomes

Outcome	# studies	# people*	Estimate	I ²
Pain at rest §				
12 hours	5	450 (223, 227)	0.799 (0.115, 1.483)	91.6
24 hours	10	859 (427, 432)	0.423 (0.202, 0.645)	60.9
48 hours	10	804 (399, 405)	0.220 (-0.027, 0.468)	66.7
72 hours	3	252 (126, 126)	0.352 (0.017, 0.687)	43.1
Pain on movement §				
12 hours	4	380 (187, 193)	0.941 (0.229, 1.653)	90.6
24 hours	8	626 (319, 307)	0.372 (0.010, 0.734)	78.7
48 hours	7	585 (290, 295)	0.541 (0.117, 0.964)	83.8
72 hours	2	150 (75, 75)	0.345 (-0.233, 0.923)	67.2
Morphine consumption				
12 hours	3	363 (189, 174)	2.958 (-3.881, 9.796)	63.4
24 hours	8	681 (339, 342)	1.058 (-0.087, 2.202)	74.0
48 hours	5	489 (243, 246)	0.194 (-0.516, 0.904)	30.8
72 hours	3	252 (126, 126)	2.442 (-2.393, 7.277)	91.5
Distance walked				
12 hours	1	130 (62, 68)	-2.340 (-12.917, 8.237)	-
24 hours	3	319 (156, 163)	-0.228 (-3.699, 3.243)	0.00
48 hours	2	189 (94, 95)	0.844 (-4.272, 5.960)	0.00
72 hours	1	90 (45, 45)	1.690 (-5.639, 9.019)	-
Range of movement				
24 hours	4	380 (187,193)	-5.190 (-5.547, -4.833)	0.00
48 hours	3	250 (125, 125)	-4.128 (-6.305, -1.951)	29.4
72 hours	2	150 (75, 75)	0.219 (-4.177, 4.614)	41.5
1 month	1	102 (51, 51)	-3.000 (-8.489, 2.489)	-
6 months	1	60 (30, 30)	-0.800 (-3.053, 1.453)	-
12 months	1	60 (30, 30)	-1.00 (-3.328, 1.328)	-
Length of stay (days)	6	452 (223, 229)	0.000 (-0.000, 0.000)	60.4

*Total (number in LIA alone, number in combined)

Estimates are mean difference (95% confidence interval) unless otherwise stated

§Estimates are standardised mean difference (95% confidence interval)

Supplementary Table 2: ACB alone vs Combined intervention outcomes

Outcome	# studies	# people*	Estimate	I ²
<i>Pain at rest</i> [§]				
12 hours	2	140 (70, 70)	0.633 (0.256, 1.009)	13.1
24 hours	5	380 (189, 191)	0.627 (0.421, 0.834)	0.00
48 hours	4	340 (169, 171)	0.160 (-0.053, 0.374)	0.00
72 hours	1	104 (53, 51)	0.840 (0.439, 1.241)	-
<i>Pain on movement</i> [§]				
12 hours	2	140 (70, 70)	0.761 (0.418, 1.105)	0.00
24 hours	4	276 (136, 140)	0.806 (0.348, 1.265)	68.2
48 hours	3	236 (116, 120)	0.664 (0.402, 0.927)	0.00
<i>Morphine consumption</i>				
12 hours	2	144 (73, 71)	2.410 (-5.224, 10.044)	70.5
24 hours	3	240 (119, 121)	5.937 (-2.411, 14.286)	81.1
48 hours	2	200 (99, 101)	8.107 (-7.800, 24.015)	90.7
72 hours	1	104 (53, 51)	8.700 (2.033, 15.367)	-
<i>Distance walked</i>				
24 hours	1	96 (46, 50)	-18.00 (-25.398, -10.602)	-
48 hours	1	96 (46, 50)	-11.800 (-25.414, 1.814)	-
<i>Range of movement</i>				
24 hours	1	100 (50, 50)	-3.800 (-4.371, -3.229)	-
48 hours	1	100 (50, 50)	-1.800 (-2.208, -1.392)	-
1 month	1	104 (53, 53)	-5.000 (-10.211, 0.211)	-
<i>Length of stay (days)</i>	3	244 (123, 121)	0.348 (0.107, 0.589)	0.00

*Total (number in ACB alone, number in combined)

Estimates are mean difference (95% confidence interval) unless otherwise stated

§Estimates are standardised mean difference (95% confidence interval)