

## Rehabilitation Protocol: Total Hip Replacement

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Post Op Weeks 1 - 6

- **Goals**
  - Hip range of motion 0-90°
- **Precautions**
  - Wear TED Hose stockinette
  - Sleep on back
  - Pillow under ankle, NOT under knee – Keep foot of bed flat
  - No flexion greater than 90°, No adduction past midline, No internal rotation
- **Exercises**
  - Walker or crutches- Weight-bearing as tolerated (WBAT)
    - Progress to cane, discontinuing walker is normal
  - Upright bike- no hip flexion greater than 90°
  - Ankle pumping
  - Heel slides, active range of motion, active-assisted range of motion with above restrictions
  - Quad sets, co-contractions hamstring/quads
  - Short arc quads with up to 10 pounds
  - Sitting knee extension (chair or mat) 90° to 0°
  - Double leg bridging, progress to single leg as tolerated
  - Mini-squat 0-45 degrees
  - Forward, retro-, lateral step downs (small step)
  - Double leg heel raises
  - Progressive abduction strengthening
    - Side-lying
    - Standing
    - Add light weight in side-lying when able to perform 25 reps
    - Standing with theraband bilaterally
  - Sit to stand
  - Lower extremity stretches: Calves, standing hip flexor, quadriceps

### Post Op Weeks 6 - 9

- **Goals**
  - Normal gait
  - Sit to stand without hands
- **Precautions**
  - Crutches- discontinued when gait is normal
  - Continue to caution against hip flexion greater than 90°
  - Continue to sleep on back
  - Discontinue pillow between legs while sleeping

- **Exercises**

- Continue appropriate previous exercises
- Band walks- Lateral and retro-walking
- Wall squats
- Sit to stand without hands
- Leg press, less than 90° of flexion
- Standing hip 4 ways, both legs
- Single leg heel raises
- Stair training
- Proprioception exercises: Single leg balance, rebounder, etc.
- Advanced gait training: Ladder drills, hurdles, cones drills, etc.
- Lower extremity stretches: Standing hamstring
- Treadmill-walking progression program
- Beginner pool therapy

### **Post Op Weeks 6 - 9**

- **Goals**

- Functional hip range of motion
- Walk greater than 20 minutes

- **Precautions**

- Crutches- discontinued when gait is normal
- Continue to caution against hip flexion greater than 90°
- Continue to sleep on back
- Discontinue pillow between legs while sleeping

- **Exercises**

- Continue appropriate previous exercises
- Hip flexion greater than 90° - Single knee to chest
- Knee extension weight machine
- Elliptical trainer
- Stretches-quads, hamstrings, hip flexors, ITB
- Advanced pool therapy

### **Months 3 - 6**

- Discontinue supervised PT
- Resume all recreational activities tolerated
- Encourage non-impact activities

### **Comments:**

**Frequency: 2-3 times per week**

**Duration: 6-8 weeks**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**