

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: _____