



Dr. Daily, Dr. Grauerholz, Dr. Harbin,
Dr. Herrenbruck, Dr. Johnson

Salinaortho.com

785-823-2215

Total Hip Arthroplasty Rehab Protocol- Posterior Approach

PRECAUTIONS X 8 WEEKS:

- Wear TED Hose
- Sleep on back
- Wedge pillow (abduction bolster) between legs while sleeping
- **No Flexion > 90 degrees, No Adduction past midline, No internal rotation**
- A PERMANENT PRECAUTION AFTER 8 WEEKS IS TO TRY TO REACH FOR OBJECTS OFF THE FLOOR BETWEEN THE FEET, NOT OUTSIDE OF THE FOOT BASE SO WE CAN AVOID FLEXION/ROTATION COUPLED MOTION

POST-OP WEEKS 1 – 6:

- Walker or crutches
 - Weight bearing as tolerated (WBAT)
 - Progress to cane and D/C when gait is normal
- Ankle pumping
- Heel slides, AROM, AAROM with above restrictions
- Quad sets, Co-contractions quads/hams
- Straight leg raise (SLR)
- Short arc quads, Long arc quads 90-0 degrees
- Core strengthening within precaution guidelines
- Weight shifts in parallel bars
- Mini squats 0-45 degrees in parallel bars
- Forward, retro and lateral step downs (small step)
- Double leg heel raises

- Progressive abductor strengthening; add resistance when 25 reps done with ease

GOALS:

- Protection of the joint replacement
- Hip ROM 0-90 degrees

WEEKS 6 – 9:

- Cane as needed, D/C when gait is normal
- Continue to caution against hip flexion > 90 degrees
- Continue to sleep on back
- D/C pillow between legs while sleeping
- Continue appropriate previous exercises
- Lateral and retro walking in parallel bars
- Wall squats
- Hip resistance x 4 bilaterally
- Single leg standing balance/proprioceptive drills
- Single leg heel raises
- Stationary bicycle
- Treadmill – Walking progression program
- Pool therapy (if available)

GOAL:

- Normal gait

WEEKS 9 – 12:

- Continue appropriate previous exercises
- Hip flexion > 90 degrees
- Leg press (< 90 degrees hip flexion)
- Hamstring curl resisted (weights, bands, light weight on machine, etc)
- Knee extension resisted (weights, bands, light weight on machine, etc)
- Proprioception exercises as tolerated (age dependent)

- Practice sit-to-stand without using hands
- Stair training
- Elliptical trainer
- Stretches – Hamstring, quads, hip flexors, ITB

GOALS:

- Symmetrical hip ROM
- Walk x 20 minutes
- Stand from sitting without use of hands

MONTHS 3 – 6:

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