

PHYSICAL THERAPY PROTOCOL HIP REPLACEMENT

Please instruct patients on safe methods of ambulation, sitting, reaching, bathing and personal care.

Avoid and educate patient upon risky extreme positions for dislocation:

- Combined hip extension and external rotation – Anterior approach
- Combined hip flexion and internal rotation – Posterior approach

***NOTE:** Patients who undergo total hip replacement **with gluteus medius repair** should begin therapy the day after surgery. Therapy should begin 1 time per week for the first 6 weeks in addition to wearing a hip abduction brace, then 2-3 times per week after discharged from brace and weaned from assistive device at 6 weeks following surgery, unless instructed otherwise by MD. Please see gluteus medius repair protocol.*

Please Use Appropriate Clinical Judgment During All Treatment Progressions

Day after surgery – end of week 6: *Gentle Physical Therapy*****

Walking Goals:

- 1 mile by 6 weeks following surgery
- 2 miles by 8 weeks

Weight bearing as tolerated

Assess need for appropriate assistive device for discharge

Active/Active Assisted/Passive HIP ROM

Active and Active Assisted KNEE ROM

Transfer training

Gait training, slowly wean off assisted devices as gait normalizes to avoid development of a persistent limp

Stair training

Quad sets and short arc quads

Mini-squats

4-direction straight leg raises, begin upright and progress to horizontal as appropriate

Week 7 – end of week 12:

Progress gluteus, hip abductor/adductor, quadriceps, hamstring strengthening

Advanced gait training

Proprioceptive/Balance Training

Endurance exercises as appropriate: swimming, bicycle, elliptical

Please send therapy progress notes and renewal therapy prescription requests with the patient or by fax to EmergeOrtho. Notes by fax must be sent 3 days prior to the patient's visit to internally process this request. We appreciate your cooperation in this matter.