

Robert Kollmorgen DO

## TOTAL HIP ARTHROPLASTY

### Anterior APPROACH

*Revised August 2017*

#### **Discharge Criteria**

To Rehabilitation Hospital

Independent / minimum assist with bed mobility

Ambulation with assistive device for 30 feet

To Home

Independent bed mobility and transfers

Able to safely negotiate home obstacles such as stairs and carpet

Independent ambulation with assistive device for 300 feet

Coordinate with Social Work Services to obtain home equipment:

– Wheeled walker, Three-in-one, Reacher

#### **Precautions x 6 Weeks**

Wear TED Hose

No Extension > 0 degrees

No External Rotation

#### **Post-op Weeks 1 – 6**

Walker or crutches – weight bearing as tolerated (WBAT)

– Progress to cane and D/C when gait is normal (NO LIMP)

Ankle pumping

Heel slides, AROM, AAROM with above restrictions

Quad sets, Co-contractions quads/hams

Straight leg raise (SLR)

Short arc quads with up to 10#

Sitting knee extension (chair or mat) 90-0 degrees

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

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Progressive abductor strengthening

- In standing
- Sidelying
- Add light weight when able to perform 25 repetitions
- In standing with Theraband, bilaterally

### **Goals**

Hip ROM 0-90 degrees

### **Weeks 6 – 9**

Cane as needed, D/C when gait is normal

Continue appropriate previous exercises

Lateral and retro walking in parallel bars

Wall squats

Hip machine x 4 bilaterally

Single leg (stork) standing

Single leg heel raises

Stationary bicycle

Treadmill – Walking progression program

Pool therapy

**Goals** – Normal gait

### **Weeks 9 – 12**

Continue appropriate previous exercises

Hip flexion > 90 degrees

Leg press (< 90 degrees hip flexion)

Hamstring curl weight machine

Knee extension weight machine

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**



Division of Orthopaedics

Hip Preservation Surgery • Pelvis and Hip Reconstruction • Orthopaedic Sports Medicine

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