



## PHYSICAL THERAPY PROTOCOL HIP REPLACEMENT AND HIP RESURFACING

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, then 2-3 times per week after discharged from brace and weaned from assistive device at 6 weeks following surgery, unless instructed otherwise by AHI 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 (630) 323-5625. 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.