



## PHYSICAL THERAPY SECTION

### TOTAL HIP ARTHROPLASTY LATERAL APPROACH

*Revised August 2008*

#### **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  
Sleep on back  
Pillow under ankle, NOT under knee – keep foot of bed flat  
Pillow between legs while sleeping  
No active Abduction exercises  
No straight leg raise (SLR)  
No Flexion > 90 degrees  
No ER > 30 degrees  
No Extension > 30 degrees  
No Adduction past midline

#### **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  
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  
*Continued on following page*

Forward, retro and lateral step downs (small step)  
Double leg heel raises  
Stationary bicycle at week 4

### **Goals**

Protection  
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  
Progressive abductor strengthening

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

Lateral and retro walking in parallel bars  
Forward, retro and lateral step downs (medium step)  
Wall squats  
Straight leg raise (SLR)  
Hip extension strengthening ex – Standing or prone  
Hamstring curl weight machine  
Knee extension weight machine  
Single leg (stork) standing  
Single leg heel raises  
Treadmill – Walking progression program  
Pool therapy

**Goal – Normal gait**

### **Weeks 9 – 12**

Continue appropriate previous exercises  
Hip flexion > 90 degrees  
Hip machine x 4 bilaterally  
Leg press (< 90 degrees hip flexion)  
Proprioception exercises as tolerated (age dependent)  
Practice sit-to-stand without using hands  
Stair training  
Elliptical trainer  
Stretches – quads, HS, 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  
See attached Precautions and Activities