



PHYSICAL THERAPY SECTION

TOTAL HIP ARTHROPLASTY POSTERIOR 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
Wedge pillow (abduction bolster) between legs while sleeping
No Flexion > 90 degrees
No Adduction past midline
No Internal Rotation

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 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
Continued on following page

Progressive abductor strengthening

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

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
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

Discontinue supervised PT
Resume all recreational activities as tolerated
Encourage non-impact activities
See attached Precautions and Activities