



PHYSICAL THERAPY SECTION

TOTAL HIP ARTHROPLASTY REVISION, 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

No Hip Flexion > 60 degrees
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 ER > 30 degrees
No Extension > 30 degrees
No Adduction past midline

Weeks 1 – 6

Walker or crutches – flat foot weight bearing (FFWB) with up to 20# pressure
Ankle pumping
Heel slides, AROM, AAROM with above restrictions
Quad sets, Co-contractions quads/hams
Short arc quads with up to 10#

Goals

Protection
Hip ROM 0-60 degrees

Weeks 6 – 12

Walker or crutches – partial weight bearing (PWB) up to 50%
No hip flexion > 90 degrees
Continue to sleep on back
Continue 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

Hip extension – Standing or prone
Sitting knee extension (chair or mat) 90-0 degrees
Weight shifts in parallel bars
Mini squats 0-45 degrees in parallel bars
Double leg heel raises

Goal – Hip ROM 0-90 degrees

Months 3 – 4

Walker or crutches – weight bearing as tolerated (WBAT)

- Progress to cane and D/C when gait is WNL

Hip flexion > 90 degrees
Continue appropriate previous exercises
Progressive abductor strengthening

- In standing with Theraband, bilaterally
- Hip weight machine x 4 bilaterally

Forward and retro walking in parallel bars
Forward, retro and lateral step downs (small step)
Wall squats
Straight leg raise (SLR)
Leg press (< 90 degrees hip flexion) up to ½ body weight
Hamstring curl weight machine
Knee extension weight machine
Single leg (stork) standing
Single leg heel raises
Stationary bicycle
Stretches – Hamstring, quads, hip flexors, ITB

Goals

Symmetrical hip ROM
Normal gait

Months 4 – 5

Continue appropriate previous exercises with increasing resistance as tolerated
Practice sit-to-stand without using hands
Stair training
Proprioception exercises as tolerated (age dependent)
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Treadmill – Walking progression program
Elliptical trainer
Pool therapy

Goals

Walk x 20 minutes
Stand from sitting without use of hands

Months 5 – 6

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