



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

TOTAL HIP ARTHOPLASTY

Precautions

- **No Flexion past 90°**
- **No Adduction beyond Neutral**
- **No Internal Rotation beyond Neutral if Posterolateral approach**
- **No External Rotation beyond Neutral if Anterolateral approach**
- **Avoid Pillow under Knee**
- **Sidelying on unaffected side only with pillow between knees**
- **TED hose x 6 weeks**

Post-Op Weeks 1-4 _____

- Ambulation WBAT with assistive device: walker to cane to no AD

Therapeutic Exercise

- Ankle Pumps with Elastic Band
- AAROM Heel slide
- AROM Supine Hip Abduction with toes up (Windshield Wipers)
- Isometric Glut Sets, Quad Sets, Hamstring Set, pillow squeeze
- Short Arc Quad
- Long Arc Quad with avoidance of hip flexion greater than 90°
- Hamstring Curls
- Weight shifts Anterior/Posterior, Side to Side
- Mini-Squat to 45°
- Standing Hip Extension, Abduction, and Flexion to 90°
- Supine SLR
- Heel raise
- Recumbent Bike avoiding flexion past 90°

Manual Therapy

- PROM – Hip Abduction and Flexion within surgical precautions

Post-Op Weeks 4-8 _____

Therapeutic Exercise

- Continue from previous phase, progressing as tolerated
- Treadmill
- Wall Squats
- Step up/downs forward, lateral, retro
- Clam Shells: supine with resistive band to sidelying
- Single Leg Stance – Firm to Unstable Surfaces
- SLR flex supine and abd sidelying
- Ascending/Descending Stairs using reciprocal pattern

Post-Op Weeks 8-Discharge _____

- Transition to normalized, AD-free gait
- Continue from previous phases, progressing as tolerated

Therapeutic Exercise

- Hip Vectors with Elastic Tubing avoiding Adduction
- Leg Press less than 90°
- Side Stepping with Elastic Tubing
- Lunge/Squat on unstable surface
- Ambulating obstacle course