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TOTAL HIP ARTHROPLASTY / HEMI-ARTHROPLASTY

POST-SURGICAL REHABILITATION PROTOCOL

(Posterior Approach)

Revised June 2018

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 200 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
- No Leg crossing
- Anticoagulation with Xarelto 10 mg daily or Eliquis 2.5 mg twice a day for 35 days total (if not already on a blood thinner pre-op, than resume routine pre-op medication).
- **Keep the incision clean and dry. Do not get wet. Do not remove the staples (staples to be removed at 2-3 weeks). Cover with clean dressing. Change daily as needed if saturation noted, otherwise keep dressing in place.**

POST-OP WEEKS 1

- 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
- Progressive abductor strengthening
 - In standing
 - Sidelying
 - Add light weight 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 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 hand
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MONTHS 3-6

- Discontinue supervised PT
- Resume all recreational activities as tolerated
- Encourage non-impact activities