

REHABILITATION GUIDELINES FOR

TOTAL HIP ARTHROPLASTY ANTERIOR APPROACH

PHASE I (SURGERY TO 4-6 WEEKS)

DATES:

<p>Appointments</p>	<ul style="list-style-type: none"> Start physical therapy 3-5 days post-surgery 2-3x per week
<p>Rehabilitation Goals</p>	<ul style="list-style-type: none"> Follow ROM precautions set by MD Restore ROM as allowed by precautions Normalize gait pattern Progress strength for independent functional activities of daily living and mobility
<p>Precautions</p>	<p>Anterior hip precautions x 4 weeks per Dr. Karch:</p> <ul style="list-style-type: none"> No active hip flexion past 90°, ER/IR past 30°, hip extension past 20° Avoid SLR, teach assisted transfers for affected leg. Avoid very low chairs Use a reacher or dressing aids to avoid hip flexion past 90 degrees No forward flexion with straight legs FOR A LIFETIME
<p>Suggested Therapeutic Exercises</p>	<ul style="list-style-type: none"> Initiate weight bearing exercises: <ul style="list-style-type: none"> weight shifting and pre-gait exercises calf raises progress to balance and single leg exercises Progress movement through different planes of motion when the patient has good hip and quad control. ROM exercises: <ul style="list-style-type: none"> Assisted heel slide bent knee ER/IR SKTC 0-90° prone lying for hip extension Quadriceps exercises: <ul style="list-style-type: none"> quad set SAQ FAQ Mini dips or unloaded squats Gluteal exercises: <ul style="list-style-type: none"> Bridge Glut sets

	<ul style="list-style-type: none"> - hip extension/ABD
(Phase I continued) Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking when gait mechanics are normalized • Stationary bike with high seat prn watching for precautions
Progression Criteria	<ul style="list-style-type: none"> • Patient has good hip and knee muscular control to allow walking without assistive device for community distances. • ~ full ROM as allowed per precautions

PHASE II (6-12 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Continue physical therapy 2x/week decreasing to 1x/week prn
Rehabilitation Goals	<ul style="list-style-type: none"> • Up/down stairs without railing • MMT generally 5/5 throughout hip • Adequate ROM for ADL, gait and recreational activities • Able to resume normal lifestyle without limitations or pain or weakness
Precautions	<ul style="list-style-type: none"> • Avoid overloading the hip flexors with anterior approach • Watch for precautions with posterior approach
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Progression of exercises per patient tolerance: <ul style="list-style-type: none"> - Squats - Lunges - step downs - resisted ABD and ER strength exercises - light agility and progression of balance and cardiovascular exercises. • Functional training for return to desired activities/recreation
Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking, stationary bike, elliptical, aquatic exercise
Progression Criteria	<ul style="list-style-type: none"> • Near 5/5 strength in all planes • Good dynamic balance single and double leg • Gait and ADL's independent without compensation.

PHASE III (12+ WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Work towards discharge with decreased frequency of appointments.
Rehabilitation Goals	<ul style="list-style-type: none"> • Patient able to resume normal lifestyle of work, ADL's and recreation.

	<ul style="list-style-type: none"> • Patient independent with home program for strength, balance and cardiovascular exercise.
Precautions	<ul style="list-style-type: none"> • No specific precautions (other than per Dr. Karch: no FF with SLR ever)
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Progression of phase III exercises • Higher level recreation/ADL/work specific exercises to meet patient goals and addressing areas of weakness
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary or road biking, swimming, elliptical.
Progression Criteria	<ul style="list-style-type: none"> • Patient able to independently perform ADL's • Return to work • Return to sport as appropriate.

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