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)

*Continued on following page*

- 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

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics