TOTAL HIP ARTHROPLASTY
REVISION, POSTERIOR 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
  Wedge pillow (abduction bolster) between legs while sleeping
  No Adduction past midline
  No Internal rotation

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/hamstring
  Short arc quads with up to 10#
  Progressive abductor strengthening
    – In standing
    – Sidelying
    – Add light weight in sidelying when able to perform 25 reps

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
- Straight leg raise (SLR)
- Hip abduction in standing with Theraband on involved side only
- 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 – 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, retro and lateral walking in parallel bars
- Forward, retro and lateral step downs (small step)
- Wall squats
- 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
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

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