TOTAL HIP ARTHROPLASTY
LATERAL APPROACH

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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

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 Flexion > 90 degrees
No ER > 30 degrees
No Extension > 30 degrees
No Adduction past midline

Post-op Weeks 1 – 6

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
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
Continued on following page
Forward, retro and lateral step downs (small step)
Double leg heel raises
Stationary bicycle at week 4

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
Progressive abductor strengthening
  – In standing
  – Sidelying
  – Add light weight in sidelying when able to perform 25 reps
  – In standing with Theraband, bilaterally
Lateral and retro walking in parallel bars
Forward, retro and lateral step downs (medium step)
Wall squats
Straight leg raise (SLR)
Hip extension strengthening ex – Standing or prone
Hamstring curl weight machine
Knee extension weight machine
Single leg (stork) standing
Single leg heel raises
Treadmill – Walking progression program
Pool therapy

Goal – Normal gait

Weeks 9 – 12

Continue appropriate previous exercises
Hip flexion > 90 degrees
Hip machine x 4 bilaterally
Leg press (< 90 degrees hip flexion)
Proprioception exercises as tolerated (age dependent)
Practice sit-to-stand without using hands
Stair training
Elliptical trainer
Stretches – quads, HS, hip flexors, ITB

Goals

Symmetrical hip ROM
Walk x 20 minutes
Stand from sitting without use of hands
Months 3 – 6

Discontinue supervised PT
Resume all recreational activities as tolerated
Encourage non-impact activities
See attached Precautions and Activities

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