



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



**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)  
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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

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