

**TOTAL HIP ARTHROPLASTY
REHABILITATION PROTOCOL**
(Posterior Approach)

Phase I Week 1

- Rehabilitation in a hospital or rehabilitation setting

Phase II Weeks 2 and 3

Goals:

- Patient Education Regarding Contraindications / Safety
- Decrease Edema/Effusion
- Incision Healing
- Independent Transfers
- Hip Flexion PROM 90 degrees, Abd. 35 degrees, ER 35 degrees
- Independent Home Exercise Program

Treatment:

- Modalities (Ice & IFC)
- Massage – psoas, ITB, gluteus medius and piriformis.
- PROM within Motion Precautions
- Gait Training / Transfer Training
- Issue Home Exercise Program
- Rhythmic Stabilization of Hip
- Manual Stretching of psoas, HS, Adductors, Lumbar spine(Left hip, Left Quadratic Lumborum) within hip precautions

Exercises:

- Self Stretching of Quads, Calves, HS, Adductors, & ipsilateral lumbar rotators
- Heel Raises
- Draw In
- Anterior/Posterior Pelvic Tilts
- Heel Slides, SAQ
- Hip ER Isometrics (at knees and ankles)
- Pelvic Clocks
- Active Sitting, Ball sitting with draw in
- Pedalcizer/ Upright bike (10-20 minutes)
- Weight-shifting in standing
- Hip adduction – ball squeezes
- Bridges
- Standing Hip AROM and High Knee Marching
- Modified Wall Squat – ¼ squat
- Quads extensions
- Hams curls
- Total Gym 50% - 90% Wt. Bearing
- One leg stand – pelvis level
- Side lying Hip ER (clam)
- Side lying Hip Abduction

Phase III Weeks 5-6

Goals:

- Hip Flexion AROM 100-110°, Adduction 40 degrees, ER 40 degrees, IR 30 degrees
- Quad/Ham Strength 70% + of Contra lateral Limb
- (-) Trendelenburg Sign with Gait
- Initiate Hip PRE within Restricted ROM
- Neutral Alignment of Lumbar Spine and Pelvis

Treatment:

- Gait Training -
- Myofascial Release – psoas, posterior hip capsule
- PROM and Joint Mobilization of Hip, Lumbar Spine and Pelvis
- Core stabilization, C-V conditioning, Proprioception and balance

Exercises:

Stretch as in Phase I

- Bike, Treadmill, Elliptical (20-40 minutes)
- Superman over pillow or bosu
- Crunches
- Tandem stance (eyes open and closed)
- Side lying Clam with T-band
- Standing T-band or cable Adduction, Abduction, Extension
- Bridge with T-band at knees
- Wall Ball Squats (Full Squats)
- Sit <-> Stand (steady surfaces)
- Step-ups (4 & 6 inches) front and side
- Side lying Hip Clocks
- Mule Kicks
- LE PRE
- Total Gym (Squats with marching)
- Total Gym single leg
- Step and stick
- Vectors

Phase IV Weeks 6-12

Goals:

- Independent Ambulation 1 Mile (-) Trendelenburg sign
- Increase Cardiovascular Endurance (30 - 40 minutes)
- Pain free Hip AROM
- Hip AB, Quad, and HS Strength 100% of Contra lateral Limb
- Functional Joint Capsule Flexibility (sit comfortably put on sox/shoe)
- Hip flexion 130 degrees, ER 45 degrees, IR 35 degrees

Treatment:

- Continue manual techniques to regain normal hip ROM as necessary

Exercises:

Stretching as in phase I & II:

- Piriformis (sit with trunk rotation) stretch
- TFL and ITB Stretch

- Single Leg Stance with Airex/Trampoline
- T-band Hip IR and ER
- Bridge with ball (Advance to Single Leg bridge on ball)
- Advanced Trunk Stabilization (prone elbow and knees/ side-lying elbow and knees)
- Ball exercises – crunch, hyperextensions, walk-outs
- Squats – in front of mirror, no weight
- Jump and land soft on trampoline
- Front and Lateral Step-ups with resisted tubing
- ¼ squat on Airex or Bosu
- Lunges
- Leg Press