



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## Total Hip Replacement Rehabilitation Protocol

	Weight Bearing	Precautions	Brace	Therapeutic Exercises
<b>Phase I</b> <b>0 - 4 weeks</b> <i>PT 2x/week</i>	Weight bearing as tolerated with assistive device.	No hip flexion > 90° No hip adduction past midline Avoid excessive internal and external rotation	No Brace	Ankle pumps, quad sets, hip abduction in supine or long sitting, bilateral hamstring curls with light resistance, standing terminal knee extension, bilateral weight shifting all planes, unilateral standing on the involve lower extremity. No supine straight leg raises. Bilateral leg press monitoring hip precautions. Resisted hip exercises (no adduction past midline). Stand kicks all planes. Step ups (forward and lateral). Step downs.
<b>Phase II</b> <b>Week 4+</b> <i>PT 1x/week</i> <i>AFP 2-3x/week</i>	Weight bearing as tolerated  Least restrictive assistive device as needed.	No hip flexion > 90° No hip adduction past midline Avoid excessive internal and external rotation		Hip abduction in side-lying. Stair training with reciprocating gait. Resisted walking in all planes.
<b>Upon Discharge</b>	Ambulation without assistive device and no limp.	Same as above until cleared by MD.		Ascend and descend stairs with reciprocating gait.