

ANTERIOR TOTAL HIP ARTHROPLASTY

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Patient _____
 DOS _____

ACUTE CARE STAY	OUT-PATIENT THERAPY				NOTES:
<p>Week 0 Ankle Pumps Quad Sets Gluteal Sets Heel slides SAQ's** LAQ's** Abd/Add** **Assist as needed</p> <p>ROM PRECAUTIONS: Avoid hyperextension and external rotation.</p> <p>Bed mobility May sleep on either side with pillow in between their knees. No prone sleeping for 1 month.</p> <p>WBAT with assistive device. unless modified my MD.</p> <p>Stairs</p> <p>ADL Education: Use devices as needed for soft tissue discomfort needs.</p>	<p>1-3 weeks post-operative</p> <p>Continue post-op exercises</p> <p>Stretches Hip adductor Hip fall-out Opposite knee to chest with operative leg flat</p> <p>Hip adductor and abductor isometric in hooklying</p> <p>Transverse abdominus isometric</p> <p>Standing Hip Abduction Hip Extension</p> <p>Heel raises</p> <p>Bike</p> <p>Gait training: Pt to avoid limping. As they wean off assistive device, may start with short distances, no limping.</p>	<p>4-6 weeks post-operative</p> <p>Continue previous stretches</p> <p>Continue previous strengthening</p> <p>Progress to: Hip Flexor stretch as needed</p> <p>Hip Abduction with resistive tubing in hook-lying</p> <p>Bridge-double leg</p> <p>Clamshell</p> <p>Balance-double leg to single leg</p> <p>Standing hip flexion</p> <p>Total Gym</p> <p>Sub max isotonics for hip, 1-5 pounds</p> <p>Walking activation - March - Sidestep - Backwards</p> <p>Pool therapy</p> <p>Gait training- 1 crutch or cane as needed</p>	<p>7-12 weeks post-operative</p> <p>Progress ROM and strength to WNL or equal to opposite extremity</p> <p>Progress strengthening of Quad and Hip groups</p> <p>Total gym with single leg</p> <p>Leg press</p> <p>Mini-squats</p> <p>Step-ups forward and lateral</p> <p>Wall sits</p> <p>Balance</p> <p>D/C device when walking without a limp</p> <p>Address work, sport and recreational functional activity demands</p>	<p>These patients have a higher risk for iatrogenic fracture compared to posterior THA patients. Please monitor for thigh pain with activity and inform MD accordingly.</p> <p>Progress to functional program as tolerated. Prepare for back to work, back to sport activities.</p> <p>This protocol should be interpreted as a continuum. If a patient is progress ahead of the time schedules, advance them as tolerated.</p>	
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>August 2017</p>					