ANTERIOR TOTAL HIP ARTHROPLASTY

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Patient_	 	 	
DOS	 	 	

**	Falls, WI 54729			1
ACUTE CARE STAY		OUT-PATIENT THERAPY		NOTES:
Week 0	1-3 weeks post-operative	4-6 weeks post-operative	7-12 weeks post-operative	
Ankle Pumps Quad Sets				These patients have a
Gluteal Sets Heel slides	Continue post-op exercises	Continue previous stretches	Progress ROM and strength to	higher risk for iatrogenic
SAQ's** LAQ's**	Constaline III and I at an	Constitution in the state of the state of	WNL or equal to opposite	fracture compared to
Abd/Add** **Assist as needed	Stretches Hip adductor Hip fall-out	Continue previous strengthening	extremity	posterior THA patients.
Assist as needed	Opposite knee to chest	Progress to:	Progress strengthening of Quad	
ROM PRECAUTIONS:	with operative leg flat	Hip Flexor stretch as needed	and Hip groups	Please monitor for thigh
Avoid hyperextension and	with operative leg that	The read stretch as needed	and Trip groups	pain with activity and
external rotation.	Hip adductor and abductor	Hip Abduction with resistive	Total gym with single leg	inform MD accordingly.
	isometric in hooklying	tubing in hook-lying		
Bed mobility			Leg press	Progress to functional
May sleep on either side with	Transverse abdominus isometric	Bridge-double leg		program as tolerated.
pillow in between their knees. No			Mini-squats	Prepare for back to work,
prone sleeping for 1month.	Standing Hip Abduction	Clamshell		back to sport activities.
XXID A.M	Hip Extension		Step-ups forward and lateral	such to sport activities.
WBAT with assistive device.	TT - 1 '	Balance-double leg to single leg	XX7.11 .24.	This protocol should be
unless modified my MD.	Heel raises	Standing hip flexion	Wall sits	-
Stairs	Bike	Standing hip flexion	Balance	interpreted as a continuum.
Starrs	Bike	Total Gym	Baranec	If a patient is progress
ADL Education:	Gait training: Pt to avoid			ahead of the time
Use devices as needed for soft	limping. As they wean off	Sub max isotonics for hip, 1-5	D/C device when walking	schedules, advance them as
tissue discomfort needs.	assistive device, may start with	pounds	without a limp	tolerated.
	short distances, no limping.		_	
		Walking activation	Address work, sport and	
		- March	recreational functional activity	
		- Sidestep	demands	
Any Questions? Please contact:		- Backwards		
Northwoods Therapy Associates		Pool therapy		
Altoona, WI Chippewa Falls, WI		1 ooi merapy		
(715) 839-9266 (715) 723-5060		Gait training- 1 crutch or cane as		
(713) 633-7200 (713) 723-3000		needed		
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