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REHAB PROTOCOL: HIP HEMIARTHROPLASTY

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: First two weeks

Weight bearing status: **Weight bearing as tolerated**

Hip Precautions

1. No hip flexion > 90 degrees
2. No adduction past midline (no leg crossing)
3. No internal rotation
4. Pillow under ankle, NOT under knee, keep foot of bed flat
5. Wedge pillow (abduction bolster) between legs while sleeping

Exercises and Plan

PROM, AROM and AAROM of hip, knee and ankle:

Ankle pumps – Dorsiflexion and plantarflexion

Heel slides

Quadriceps set-Knee push down

Short arc Quads

Gluteal sets-Buttock squeezes

Hip abduction and adduction

Progressive Abductor strengthening

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Gait training and mobilization:

- Assistive device training
- Transfer training
- Gait training
- Progress sitting tolerance
- Progress standing tolerance
- Progress walking tolerance with weight-bearing precautions and assistive device

Phase II: 2 – 6 weeks post-op

Weight bearing status: **Weight bearing as tolerated**

Continue Hip precautions as above

Exercises and Plan

- Continue exercises from phase I; continue weight bearing activities
- Progress ambulation to uneven surfaces
- Progress AAROM to AROM of affected lower extremity
- Progress therapeutic exercises by increasing difficulty and /or repetitions preferably at parallel bars
- Functional exercises while focusing on postural control, endurance and time (stairs)
- Progress gait distance while decreasing level of assistance

Phase III: 6 – 12 weeks

Weight bearing status: **Weight bearing as tolerated**

Emphasize hip precautions as listed above

Exercises and Plan

- Increase aerobic time and intensity
- Balance training
- Ambulation on difficult terrain with decreased level of assistance
- Neuromuscular reeducation for gait sequencing
- Hip flexion more than 90 degree allowed

Phase IV: 3-6 months



Resume all recreational activities as tolerated

Encourage non-impact activities

Stop supervised PT when rehabilitation goals achieved

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____