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REHAB PROTOCOL: ORIF Hip

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: First two weeks

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

Exercises and Plan

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

- Ankle pumps – Dorsiflexion and plantarflexion
- Quadriceps set-Knee push down
- Gluteal sets-Buttock squeezes
- Hip abduction and adduction
- Long and short arc Quads
- Heel slides

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**

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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 (no SLR)

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**

Exercises and Plan

Increase aerobic time and intensity

Balance training

Ambulation on difficult terrain with decreased level of assistance

Neuromuscular reeducation for gait sequencing

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: _____