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REHAB PROTOCOL: Total Hip Arthroplasty

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Day after surgery – End of week 6

Walking Goals:

- 1 mile by 6 weeks following surgery
- 2 miles by 8 weeks

Weight bearing as tolerated

Assess need for appropriate assistive device for discharge

Active/Active Assisted/Passive HIP ROM

Active and Active Assisted KNEE ROM

Transfer training

Gait training, slowly wean off assisted devices as gait normalizes to avoid development of a persistent limp

Stair training

Quad sets and short arc quads

Mini-squats

4-direction straight leg raises, begin upright and progress to horizontal as appropriate

Week 7 – End of week 12:

Progress gluteus, hip abductor/adductor, quadriceps, hamstring strengthening

Advanced gait training

Proprioceptive/Balance Training

Endurance exercises as appropriate: swimming, bicycle, elliptical

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____

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