Total Hip Replacement Protocol  
(cementless)

General Precautions:
• TDWB for first few weeks (per physician)
• Internal rotation to 0° only (1-12 weeks post-op)
• Adduction to 0° only (1-12 weeks post-op)
• Hip flexion to 90° only (1-12 weeks post-op)

Post-op
0-4 Weeks
Goals: Safe and independent use of crutches or walker. Independent with knowledge and maintenance of hip precautions. Daily performance of home exercise program. All exercises to be repeated 25x, 2-3 x/day. When wound completely healed, begin scar tissue massage.

Exercises:
1. Quad sets- tighten knee muscles of outstretched leg by pushing the back of the knee into the bed, hold 5 seconds.
2. Gluteal sets- squeeze buttocks together, hold 5 seconds.
3. Heel slides- bend knee sliding knee towards buttocks, then slide heel back away from body.
4. Hip abduction & adduction- lay on back, slide straight leg out to side and back in, careful not to cross midline.
5. Short arc quads- put 6 inch towel roll under knee. Straighten lower leg until knee is fully extended and hold for 5 seconds. Then relax and slowly bend knee back to original position.
6. Long arc quads- seated, let legs bend to 90°, straighten lower leg until knee fully extended. Then relax and slowly bend knee down to original position.

4-8 Weeks
Goals: With physician approval, increase weight bearing by 25%/week until 100% weight bearing. Utilize cane as soon as able and safe. Maintain general hip precautions.

Exercises:
1. Stationary bike adjusted to not exceed 90° hip flexion. (When approved by MD)
2. Prone hip extension.
3. Mini squats.
4. Bridges.
5. SLR. (flexion & abduction)
6. Hip rotation (NO IR, ER to 30°)
7. Calf raises.
8. Standing hip abduction.
10. Marching.

8-12 Weeks

Exercises:

Aquatic Program

1. Shallow water walking waist deep.
2. SLR in waist deep water (buoyancy assisted and resisted).
3. Hip abduction.
4. Hip extension.
5. Hip flexion to 90°.
7. Deep well exercises (bicycle, cross country ski)

Activities

• Golf when off 2 crutches and steady, approximately 3-4 months.
  • Chip and putt approx. 3 months.
  • Driving approx. 4 months.
  • Cart recommended for first 6 months.