



## **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°)



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7. Calf raises.
8. Standing hip abduction.
9. Standing hip extension.
10. Marching.

#### 8-12 Weeks

Goals: Ambulation without device. Ascend and descend stairs in a step over step fashion.

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°.
6. Knee flexion & extension.
7. Deep well exercises (bicycle, cross country ski)

#### Activities

- Golf when off 2 crutches and steady, approximately 3-4 months.  
p chip and putt approx. 3 months.  
p driving approx. 4 months.  
p cart recommended for first 6 months.