

ANTERIOR APPROACH TOTAL HIP REPLACEMENT

Phase I (week 0 – 2)

- WBAT with walker/crutches/cane. Emphasize normalized gait pattern with knee straight at heel strike prior to weight shifting onto toes. Emphasize normalized hip and knee flexion during swing phase of gait.
- AAROM/PROM/AROM to tolerance: NO combined Hip ER with ABD (Faber stretch). NO Hip Extension past neutral other than for natural gait pattern.
- Flexibility- Long sit hamstring, calf stretching using towel
- Strengthening:
 - Quadricep sets
 - Hip ABDuction/ADDuction isometrics (NO SLR Hip Flex until Week 3 AND pain free)
 - Ankle pumps
 - Gluteal Sets
- Stationary bicycle for AAROM/AROM
- Ice therapy for swelling and pain control
- Maintain clean surgical incisions to allow wound closure
- Modalities PRN to decrease pain, swelling, and muscle spasms

Phase II (weeks 2 – 6)

- Progress to FWB when able to ambulate without limp
- Gradually progress ROM to tolerance. Limit Hip Extension to allow natural gait pattern. NO excessive Hip extension stretching. NO Combined ER and ABD.
- Full revolution ROM on stationary bicycle and for cardiovascular fitness
- Continue stretches
- Add SLR Hip Flexion if pain free at week 3
- Progress to functional activities such as shuttle leg press, step up, step down, lateral step downs, mini-squats, side-stepping, balance work, etc.)
- Progress with scar massage PRN when incisions are fully healed
- Modalities PRN to decrease pain and swelling

Phase III (weeks 6 – 12)

- Progress gait training and functional activities
- Progress muscular strength and endurance
- Progress muscle flexibility
- Emphasize dynamic lower extremity balance and proprioception program



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