

**TOTAL HIP REPLACEMENT
POST-OP REHABILITATION PROTOCOL
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IN-PATIENT

Ankle pumps
Glut sets
Quad sets
Heel slides
Short arc quads
Long arc quads
Gait training with assistive device
Transfer training
Education of hip precautions
TED hose x 6 weeks

OUT-PATIENT

2 - 3 Weeks Post-op

Continue above
Passive hip abduction
Straight leg raise for flexion
Single leg balance activities

3 - 4 Weeks Post-op

Continue above exercises
Begin gravity eliminated (supine and standing) hip abduction

5 - 6 Weeks Post-op

Continue above exercises
Begin against gravity hip abduction

**REVISIONS REQUIRE MORE CONSERVATIVE PROGRESSION OF HIP
ABDUCTION EXERCISES**

Physician Signature