

TOTAL HIP REPLACEMENT PROTOCOL
James Nieman, MD

POST -OP DAY 1 - DAY 14

GAIT TRAINING/ASSISTIVE DEVICE

Weight bearing per physician orders

Walker

TED HOSE

Operative leg x 4 weeks /non-operative leg x 2 weeks

THER-EX

Review HEP

Quad set

Glut set

SAQ

SLR

Hip Abd

LAQ

Ankle pump

Heel Prop

Heel Slide

Standing heel raises

Lateral step ups

MODALITIES

Cryotherapy

E-stim (PRN)

POST-OP DAY 15 - 28

THER-EX

Continue above exercises

Standing exercises

TKE's

Marching - SL balance

Proprioception exercises

GAIT TRAINING / ASSISTIVE DEVICE

Transition to cane as tolerating

POST-OP DAY 29-36

THER-EX

Continue above exercises, progress as tolerated

Independent with HEP at D/C

GAIT TRAINING / ASSISTIVE DEVICE

Progress to no assistive device as appropriate
