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