

**TOTAL HIP REPLACEMENT  
POST-OP REHABILITATION PROTOCOL  
JAMES PATTERSON, MD**

**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
- Hip abduction isometrics in supine
- 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**

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Physician Signature