



**TOTAL HIP REPLACEMENT PROTOCOL  
IOS IN-PATIENT  
DR. SANKO**

**BEGIN EXERCISES ON POST-OP DAY ONE**

Ankle Pump  
Quad Sets  
Glut Sets  
Short Arc Quads  
Long Arc Quads  
Straight Leg Raise  
Heel Slides (below 90 degrees hip flexion)  
No Active Abduction

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Dr Sanko, MD