TOTAL HIP REPLACEMENT PROTOCOL
Gary Schniegenberg, 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