

**TOTAL HIP REPLACEMENT  
POST-OP REHABILITATION PROTOCOL  
Michael J. Wieser, MD**

**IN-PATIENT**

Ankle pumps  
Glut sets  
Quad sets  
Heel slides  
Short arc quads  
SLR  
Abduction  
Long arc quads  
Gait training with assistive device  
Transfer training  
Education of hip precautions  
TED hose x 6 weeks  
Weightbearing per physician orders

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Physician Signature