



# DOSHER Physical Therapy



## Accelerated Rehabilitation Program for: **TOTAL HIP ARTHROPLASTY**

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### **PREOP EVALUATION:**

- Instruct in post op program
- Instruct to pack and wear loose fitting clothing and slip on shoes with rubber soles
- Hip kit and walker should be purchased prior to admission
- Video tape review
- Transfers, bed mobility and gait training
- Instruct in postop exercise program

### **GOALS:**

Increase strength

Transfers with minimal assistance

Ambulate with walker, maintenance of weight bearing status (progress ambulation according to surgical procedure)

Independent with Total Hip Arthroplasty precautions

### **PHASE I**

#### ❖ **POD 1**

- Instruct in THA precaution
- Exercise: Ankle pumps, quad sets, glut sets, heel slide, SLR, SAQ, Abd.
- Bed mobility training and transfer training: supine - sit - stand
- Gait training with walker, instruction of weight bearing status

#### ❖ **POD 2- 5**

- Review THA precautions daily
- Continue with THA exercises progress as tolerated
- Transfers supine to sit to stand with minimal assistance
- Ambulate with crutches and stand by assist, able to maintain weight bearing status
- Stair instruction as appropriate
- Discharge to home, SNF, rehab, or home health

## **PHASE II**

### **FOR OUT PATIENT PHYSICAL THERAPY**

#### **❖ POD 5-14**

- Patellofemoral joint mobilization
- Open closed chain exercise
- Theratube exercise
- Transverse friction massage to suture line
- Stationary bike, no greater than 90° of hip flexion, no friction
- Biodex for strengthening quad/ham (passive mode, isokinetic mode)

## **PHASE III**

### **GOALS:**

Strength to within normal limits

Return to full activity

Gait without deviation

#### **❖ POD 15 –**

- Progress all exercises
- Progress gait within guidelines of surgical procedures
- Progress reps and sets on Biodex (Quad/Ham)
- After six weeks Treadmill at slow speed