

Total Hip Replacement Protocol Cementless

General Precautions:

- TDWB for first few weeks (per physician)
- Internal rotation to 0° only (1-12 weeks postop)
- Adduction to 0° only (1-12 weeks postop)
- Hip flexion to 90° only (1-12 weeks postop)

Postop:

0-4 Weeks

Goals: Safe and independent use of crutches or walker. Independent with knowledge and maintenance of hip precautions. Daily performance of home exercise program. All exercises to be repeated 25x, 2-3 x/day. When wound completely healed begin scar tissue massage.

Exercises:

1. Quad sets - tighten knee muscles of outstretched leg by pushing the back of the knee into the bed, hold 5 seconds.
2. Gluteal sets - squeeze buttocks together, hold 5 seconds.
3. Heel slides - bend knee sliding knee towards buttocks, then slide heel back away from body.
4. Hip abduction and adduction - lay on back, slide straight leg out to side and back in, careful not to cross midline.
5. Short arc quadriceps - put 6 inch towel roll under knee. Straighten lower leg until knee is fully extended and hold for 5 seconds. Then relax and slowly bend knee back to original position.
6. Long arc quadriceps - seated, let legs bend to 90°, straighten lower leg until knee fully extended. Then relax and slowly bend knee down to original position.

4-8 Weeks

Goals: With physician approval, increase weightbearing by 25%/week until 100 % weightbearing. Utilize cane as soon as able and safe. Maintain general hip precautions.

Exercises:

1. Stationary bike adjusted to not exceed 90° hip flexion. (When approved by MD)
2. Prone hip extension.
3. Mini squats.
4. Bridges.
5. SLR. (flexion and abduction)
6. Hip rotation (NO IR, ER to 30°)
7. Calf raises.
8. Standing hip abduction.
9. Standing hip extension.
10. Marching.

8-12 Weeks

Goals: Ambulation without device. Ascend and descend stairs in a step-over-step fashion.

Exercises:

Aquatic Program

1. Shallow water walking waist deep.
2. SLR in waist deep water (buoyancy assisted and resisted).
3. Hip abduction.
4. Hip extension.
5. Hip flexion to 90°.
6. Knee flexion and extension.
7. Deep well exercises (bicycle, cross country ski).

Activities:

- Golf when off 2 crutches and steady, approximately 3-4 months.
- Chip and putt approx. 3 months.
- Driving approx. 4 months.
- Cart recommended for first 6 months.