GALLAND/KIRBY TOTAL HIP ARTHROPLASTY LATERAL APPROACH POST-SURGICAL REHABILITATION PROTOCOL

DISCHARGE CRITERIA

- **To Rehabilitation Hospital**
  - Independent/minimum assist with bed mobility
  - Ambulation with assistive device for 30 feet
- **To Home**
  - Independent bed mobility and transfers
  - Able to safely negotiate home obstacles such as stairs and carpet
  - Independent ambulation with assistive device for 300 feet
  - Coordinate with Social Work Services to obtain home equipment
    - Wheeled walker, Three-in-one, Reacher

PRECAUTIONS X 6 WEEKS

- Wear TED Hose
- Sleep on back
- Pillow under ankle, NOT under knee – keep foot of bed flat
- Pillow between legs while sleeping
- No active Abduction exercises
- No straight leg raise (SLR)
- No Flexion > 90 degrees
- No ER > 30 degrees
- No Extension > 30 degrees
- No Adduction past midline

POST-OP WEEKS 1 – 6

- Walker or crutches
  - Weight bearing as tolerated (WBAT)
  - Progress to cane and D/C when gait is normal
- Ankle pumping
- Heel slides, AROM, AAROM with above restrictions
- Quad sets, Co-contractions quads/hams
- Short arc quads up to 10#
• Sitting knee extension (chair or mat) 90-0 degrees
• Weight shifts in parallel bars
• Mini squats 0-45 degrees in parallel bars
• Forward, retro and lateral step downs (small step)
• Double leg heel raises
• Stationary bicycle at week 4

**GOALS**
• Protection
• Hip ROM 0-90 degrees

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**Weeks 6 - 9**

• Cane as needed, D/C when gait is normal
• Continue to caution against hip flexion > 90 degrees
• Continue to sleep on back
• D/C pillow between legs while sleeping
• Continue appropriate previous exercises
• Progressive abductor strengthening
  – In standing
  – Sidelying
  – Add light weight in sidelying when able to perform 25 reps
  – In standing with Theraband, bilaterally
• Lateral and retro walking in parallel bars
• Forward, retro and lateral step downs (medium step)
• Wall squats
• Straight leg raise (SLR)
• Hip extension strengthening ex – Standing or prone
• Hamstring curl weight machine
• Knee extension weight machine
• Single leg (stork) standing
• Single leg heel raises
• Treadmill – Walking progression program
• Pool therapy

**GOAL**
• Normal gait
WEEKS 9 - 12

- Continue appropriate previous exercises
- Hip flexion > 90 degrees
- Hip machine x 4 bilaterally
- Leg press (< 90 degrees hip flexion)
- Proprioception exercises as tolerated (age dependent)
- Practice sit-to-stand without using hands
- Stair training
- Elliptical trainer
- Stretches – quads, HS, hip flexors, ITB

GOALS

- Symmetrical hip ROM
- Walk x 20 minutes
- Stand from sitting without use of hands

Months 3 - 6

- Discontinue supervised PT
- Resume all recreational activities as tolerated
- Encourage non-impact activities