GALLAND/KIRBY TOTAL HIP ARTHROPLASTY POSTERIOR 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
- Wedge pillow (abduction bolster) between legs while sleeping
- No Flexion > 90 degrees
- No Adduction past midline
- No Internal Rotation

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
- Straight leg raise (SLR)
- Short arc quads with 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
• Progressive abductor strengthening
  – In standing
  – Sidelying
  – Add light weight when able to perform 25 repetitions
  – In standing with Theraband, bilaterally

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

---

**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
• Lateral and retro walking in parallel bars
• Wall squats
• Hip machine x 4 bilaterally
• Single leg (stork) standing
• Single leg heel raises
• Stationary bicycle
• Treadmill – Walking progression program
• Pool therapy

**GOAL**
• Normal gait

---

**WEeks 9 - 12**
• Continue appropriate previous exercises
• Hip flexion > 90 degrees
• Leg press (< 90 degrees hip flexion)
• Hamstring curl weight machine
• Knee extension weight machine
• Proprioception exercises as tolerated (age dependent)
• Practice sit-to-stand without using hands
• Stair training
• Elliptical trainer
• Stretches – Hamstring, quads, 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