GALLAND/KIRBY TOTAL HIP ARTHROPLASTY POSTERIOR APPROACH - REVISION 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
    o Wheeled walker, Three-in-one, Reacher

PRECAUTIONS X 6 WEEKS

• No Hip Flexion > 60 degrees
• 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 Adduction past midline
• No Internal rotation

POST-OP WEEKS 1 – 6

• Walker or crutches – flat foot weight bearing (FFWB) up to 20# pressure
• Ankle pumping
• Heel slides, AROM, AAROM with above restrictions
• Quad sets, Co-contractions quads/hamstring
• Short arc quads up to 10#
• Progressive abductor strengthening
  - In standing
  - Sidelying
  - Add light weight in sidelying when able to perform 25 reps
**GOALS**

- Protection
- Hip ROM 0-60 degrees

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**Weeks 6 - 12**

- Walker or crutches – Partial weight bearing (PWB) up to 50%
- No hip flexion > 90 degrees
- Continue to sleep on back
- Continue pillow between legs while sleeping
- Continue appropriate previous exercises
- Straight leg raise (SLR)
- Hip abduction in standing with Theraband on involved side only
- Hip extension – Standing or prone
- Sitting knee extension (chair or mat) 90-0 degrees
- Weight shifts in parallel bars
- Mini squats 0-45 degrees in parallel bars
- Double leg heel raises

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**GOAL**

- Hip ROM 0-90 degrees

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**Months 3 - 4**

- Walker or crutches
  - WBAT
    - Progress to cane and D/C when gait is WNL
- Hip flexion > 90 degrees
- Continue appropriate previous exercises
- Progressive abductor strengthening
  - In standing with Theraband bilaterally
  - Hip weight machine x 4 bilaterally
- Forward, retro and lateral walking in parallel bars
- Forward, retro and lateral step downs (small step)
- Wall squats
- Leg press (< 90 degrees hip flexion) up to ½ body weight
- Hamstring curl weight machine
- Knee extension weight machine
• Single leg (stork) standing
• Single leg heel raises
• Stationary bicycle
• Stretches – Hamstring, quads, hip flexors, ITB

**GOALS**
• Symmetrical hip ROM
• Normal gait

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**Months 4 - 5**

• Continue appropriate previous exercises with increasing resistance as tolerated
• Practice sit-to-stand without using hands
• Stair training
• Proprioception exercises as tolerated (age dependent)
• Treadmill – Walking progression program
• Elliptical trainer
• Pool therapy

**GOALS**
• Walk x 20 minutes
• Stand from sitting without use of hands

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**Months 5 - 6**

• Discontinue supervised PT
• Resume all recreational activities as tolerated
• Encourage non-impact activities
• See attached Precautions and Activities

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