

SPECTRUM MEDICAL

Surgical Date: _____

Rehab Start Date: _____

Anterior Hip Replacement Protocol

Total Hip Arthroplasty - Direct Anterior Approach Rehab Protocol

OVERALL:

- No Hip Precautions.
- Progress Gait training with LRAD (least restrictive assistive device) to patient's tolerance.

PHASE 1:

GOALS

- Decrease pain and inflammation with daily ice application
- Regain functional ROM (PROM/AAROM, AROM)
- Demonstrate good neuromuscular control for daily functional activities.
- Normalize gait with least restrictive assistive device (LRAD)

WEEKS 0-2

ROM EXERCISES (PROM, AAROM, AROM)

- Emphasize full knee extension equal to contralateral knee
- Hip and Knee flexion and extension without restriction.

FLEXIBILITY EXERCISES:

- PROM, AAROM exercises with hip and knee flexion and extension
- Quadriceps Exercises:
 - Quadriceps sets and straight leg raises
 - Quadriceps recruitment techniques.

GAIT TRAINING:

- Weight bearing as tolerated (WBAT) unless otherwise noted
- Progress gait pattern to step through with LRAD as tolerated
- Maintain upright posture during gait

RETURN TO GOLF:

- Chipping and putting allowed as tolerated
- FULL Swing restrictions in place until 6 weeks post-op

RETURN TO DRIVING CRITERIA:

- Must remain off of prescribed pain medications during the daytime
- Demonstrate the necessary AROM needed to operate a motor vehicle in addition to the reaction time required to act in an emergency situation

WEEKS 3-6

SCAR MANAGEMENT:

- Self daily Bio Oil Applications after first post op visit.

ROM CONSIDERATIONS:

- Ensure full extension (PROM, AAROM, AROM)
- Aggressively pursue full knee flexion (PROM, AAROM, AROM).
- Hamstring Exercises:
 - Open chain kinetic strengthening.
- Quadriceps Exercises:
 - Progressive Open and Closed chain kinetic strengthening.
- Proprioception Exercises

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PHASE 2

GOALS:

- Improve strength of affected to that of the contralateral side.
- Progress gait training to independent ambulation without assistive device or previous assistive device with step through pattern.
- Mastery of diverse functional activities.
- Return to Sport.

WEEKS 7-9

STRENGTHENING ACTIVITIES:

- Increase intensity of open and closed kinetic chain quadriceps exercises.
- Continue progression with hamstring exercises
- Generalized lower extremities and trunk training

GAIT TRAINING:

- Aggressive correction of any remaining gait abnormalities.

CRITERIA TO BEGIN GOLF/TENNIS:

- Full knee extension
- No knee effusion
- Adequate quadriceps neuromuscular control
- Institute easy controlled pivoting, plyometrics when appropriate neuromuscular control is demonstrated.

WEEKS 10-12

- Strengthening Exercises:
- Increase intensity for open chain kinetic quadriceps exercises.

PHASE 3

GOALS:

- Approximate muscular strength of contralateral lower extremity.
- Normalize gait pattern.
- Mastery of sport specific activities in preparation for return to sports (if indicated)

WEEKS 13-16

- Intense lower extremity weight training program.
- Institute aggressive sport specific training program (if indicated)