Accelerated Rehabilitation Program for:
TOTAL HIP ARTHROPLASTY

PREOP EVALUATION:
- Instruct in post op program
- Instruct to pack and wear loose fitting clothing and slip on shoes with rubber soles
- Hip kit and walker should be purchased prior to admission
- Video tape review
- Transfers, bed mobility and gait training
- Instruct in postop exercise program

GOALS:
Increase strength
Transfers with minimal assistance
Ambulate with walker, maintenance of weight bearing status (progress ambulation according to surgical procedure)
Independent with Total Hip Arthroplasty precautions

PHASE I

- **POD 1**
  - Instruct in THA precaution
  - Exercise: Ankle pumps, quad sets, glut sets, heel slide, SLR, SAQ, Abd.
  - Bed mobility training and transfer training: supine - sit - stand
  - Gait training with walker, instruction of weight bearing status

- **POD 2-5**
  - Review THA precautions daily
  - Continue with THA exercises progress as tolerated
  - Transfers supine to sit to stand with minimal assistance
  - Ambulate with crutches and stand by assist, able to maintain weight bearing status
  - Stair instruction as appropriate
  - Discharge to home, SNF, rehab, or home health
PHASE II

FOR OUT PATIENT PHYSICAL THERAPY

- **POD 5-14**
  - Patellofemoral joint mobilization
  - Open closed chain exercise
  - Theratube exercise
  - Transverse friction massage to suture line
  - Stationary bike, no greater than 90° of hip flexion, no friction
  - Biodex for strengthening quad/ham (passive mode, isokinetic mode)

PHASE III

GOALS:
- Strength to within normal limits
- Return to full activity
- Gait without deviation

- **POD 15**
  - Progress all exercises
  - Progress gait within guidelines of surgical procedures
  - Progress reps and sets on Biodex (Quad/Ham)
  - After six weeks Treadmill at slow speed