

# **Thunder Basin Orthopaedics: Total Hip Arthroplasty Protocol**

## ***Phase I: Immediately Post-Operatively (Days 0-3)***

- **Goals:**
  1. Perform bed mobility and transfers with minimal assistance while maintaining WB precautions
  2. Ambulate 25-100 feet w/ assistive device
  3. Stair training as appropriate for home ambulation
  4. Independently perform SLR
  5. Regain 80° PROM and AROM flexion
  6. Verbalize precautions
- **Therapeutic Exercises:**
  1. Quad, hamstring, and glute sets
  2. Gait training on level surfaces
  3. A/AA/PROM exercises
  4. SLRs
  5. Soft tissue massage
  6. Transfer training
- **Precautions:**
  1. WBAT w/ assistive device
  2. Monitor wound healing and signs for DVT and PE
  3. No exercises with weights or resistance
  4. Avoid torque and twisting forces across knee
- **Criteria to move to *Phase II*:**
  1. AROM: Hip flexion 0-90°
  2. Hip abduction 0-30°
  3. Independent in transfers and ambulation for 100 feet w/ assistive device

## ***Phase II: Motion Phase (Day 3-Week 6)***

- **Goals:**
  1. Muscle strengthening of entire hip girdle
  2. Begin proprioceptive training
  3. Continue with gait, endurance, and functional training and mobility
- **Therapeutic Exercises:**
  1. Weeks 1-4: AROM hip abduction, quad, hamstring, and glute isometrics, heel-slides, gait training, stationary biking, closed chain proprioception exercises
  2. Weeks 4-6: Continue/progress above exercises with resistance as tolerated, front/lateral step up/downs, ¼ front lunge, sit to stand exercises, ambulation on uneven surfaces

- **Criteria to move to *Phase III*:**
  1. AROM of hip motion 0-110°
  2. Good quad control
  3. Independently ambulates 800 feet w/o assistive device or gait deviations

### ***Phase III: Intermediate Phase (Weeks 7-12)***

- **Goals:**
  1. Adequate strength of all LE musculature
  2. Return to most functional activities
- **Exercises:**
  1. Progress with above strengthening, endurance, and proprioception exercises
- **Criteria to move to *Phase IV*:**
  1. 4+/5 of all LE musculature, minimal to no pain or swelling

### ***Phase IV: Advanced Strengthening and Higher Level Functioning***

- Goals: Return to appropriate sports/recreational activities, enhance strength, endurance, and proprioception
- Exercises: Progress above exercises, increase duration of endurance activities, return-to-work tasks, squatting
- Criteria for discharge: Non antalgic and independent gait, independent in step over step stair climbing, pain-free AROM, 4+/5 LE strength, normal age-appropriate balance and proprioception, and independent in home exercise program