



Rehab Protocol

Total Hip Arthroplasty

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Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the hip and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Walk short distances only • Use crutches for support 		
Recommendations	<ul style="list-style-type: none"> • Weight bear as tolerated using crutches for support • Rest and elevate as required • Ice the hip as desired – particularly in the first week • Range of motion exercises of ankle • Range of motion exercises of knee 		
Suggested exercises	<ul style="list-style-type: none"> • Supine abduction • Hip flexion standing (up to 90 degrees) • Supine bed supported knee bend (up to 90 degrees) • Pendulum movement of the leg when standing • Static gluteal, Quads and hamstring contractions • Isometric abduction, adduction • Short walks with crutches 		

Phase 1		Week 2 to week 6	
Goals	<ul style="list-style-type: none"> • Begin training to walk normally • Fully weight bear with crutches for support as required • Increase range of motion • Begin strengthening 		
Precautions	<ul style="list-style-type: none"> • Avoid long walks, cycles or exercise sessions that inflame the hip – shorter sessions – three times a day – is better. Allow the hip to settle and rest between sessions. 		
Recommendation	<ul style="list-style-type: none"> • Hip and gluteal muscle strengthening • Ankle range of motion and strengthening • Knee range of motion and strengthening • When stable and safe – use one crutch (opposite to operated hip) • When stable and safe and gait improving, discard the use of crutches (better to walk well with crutches than lurch and limp without) 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Supine straight leg raise • Hip flexion standing and supine (up to 90 degrees) • Hip abduction standing – side and back at 45 degrees • Side leg raise – leg straight and leg bent • Core strengthening abdominals • Single leg stance exercises for balance and neuromuscular control 		

Total Hip Joint Replacement

	<ul style="list-style-type: none"> • Double calf raise 	
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Phase 2	Week 7 to week 12	
Goals	<ul style="list-style-type: none"> • Walk as normally as possible • Strengthen knee, hip and ankle 	
Precautions	<ul style="list-style-type: none"> • Avoid long walks, cycles or exercise sessions that inflame the hip. Walk and exercise as feels comfortable 	
Recommendations	<ul style="list-style-type: none"> • Hip, gluteal and abductor muscle strengthening • Ankle range of motion and strengthening • Gain control, balance and coordination of leg 	
Suggested exercises	<ul style="list-style-type: none"> • Hip abduction standing – side and back at 45 degrees (perform on both legs) • Progress on to Theraband exercises for gluteals and abductors • Step up, step downs • Wall slide squats (0-60) • Double leg squats (0-60) • Double calf raise – progress to single • Single leg stance exercises • Bridging • Core strength training • Exercycle, elliptical trainer, swimming 	

Phase 3	3 Months – 6 months	
Goals	<ul style="list-style-type: none"> • Gain full function and strength 	
Precautions	<ul style="list-style-type: none"> • None 	
Recommendations	<ul style="list-style-type: none"> • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during functional activity. Neuromuscular control and co-ordination of leg 	
Suggested exercises	<ul style="list-style-type: none"> • Theraband exercises for gluteals and abductors • Step up, step downs • Double leg squats (never exceed 90 degrees) • Double calf raise – progress to single • Single leg stance exercises • Bridging • Core strength training • Exercycle, elliptical trainer, swimming 	