

POSTERIOR TOTAL HIP ARTHROPLASTY

Dr. Nate Stewart, Dr. Jose Padilla, Dr. Brent Carlson

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A
Altoona, WI 54720

757 Lakeland Drive, Suite B
Chippewa Falls, WI 54729

Patient _____

DOS _____

ACUTE CARE STAY	OUT-PATIENT THERAPY			NOTES:
<p>Week 0 Ankle Pumps, Quad Sets Gluteal Sets, Heel slides</p> <p>ROM restrictions: 90° Flexion Avoid Internal Rotation with Flexion 10° Adduction</p> <p>Bed mobility: May sleep on uninvolved side with pillow in between their knees. No prone sleeping for 3 months.</p> <p>WBAT with assistive device. unless modified my MD.</p> <p>Stairs</p> <p>ADL's: toilet seat riser, reacher, sock aid, long shoe horn. Avoid low chairs or any other repetitive activity that would stress the gluteus.</p>	<p>1-3 weeks post-operative</p> <p>Continue post-op exercises</p> <p>AROM-supine, sliding with assist to encourage ROM within restrictions</p> <p>Long Arc Quad</p> <p>Adductor and Abductor Isometric</p> <p>Trunk stabilization/Bridging</p> <p>Standing</p> <ul style="list-style-type: none"> - Hip Abduction - Hip Extension - Hip Flexion <p>Bike, high seat</p> <p>Heel raises</p> <p>Gait training: Walker or crutches until safe and comfortable to go to cane</p>	<p>4-6 weeks post-operative</p> <p>Continue stretches</p> <p>Continue strengthening</p> <p>Progress to: Hip Abduction strengthening: active, isometric, isotonic, side lying</p> <p>Sub-max isotonics with 1-5 pounds</p> <p>Clamshell</p> <p>Balance-double leg to single leg</p> <p>Total Gym</p> <p>Walking activation</p> <ul style="list-style-type: none"> - March - Sidestep - Backwards <p>Bike</p> <p>Gait training-cane</p>	<p>7-12 weeks post-operative</p> <p>Progress ROM within restrictions and strength to WNL or equal to opposite extremity</p> <p>Progress strengthening of Quad and Hip groups</p> <p>Total gym with single leg</p> <p>Mini-squats</p> <p>Wall sits</p> <p>Step-ups forward and lateral</p> <p>Balance</p> <p>Treadmill walking forward and backward</p> <p>Walking without a limp</p> <p>D/C cane when walking without a limp</p> <p>Address work and recreational functional activity demands.</p>	<p>Gluteus maximus should be protected for 6 weeks. This muscle is detached and reattached during surgery. Avoid repetitive deep squatting activities for this time.</p> <p>Progress to functional program as tolerated. Prepare for back to work, and recreational activities.</p> <p>This protocol should be interpreted as a continuum. If a patient is progressing ahead of the time schedules, advance them as tolerated.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>				
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