

Rehabilitation Protocol: Total Hip Arthroplasty

Phase 1 (Weeks 0-6)

- **Weightbearing:** Weightbearing as tolerated. Transition from walker to cane to unassisted ambulation.
- **Hip Precautions:** Maintain appropriate hip precautions for 6 weeks after surgery.
- **Range of Motion:** Active & Active-Assist ROM within the confines of relevant hip precautions.
- **Therapeutic Exercises**
 - Quad sets
 - Ankle pumps
 - Leg press
 - Begin stationary bicycle and/or elliptical trainer once patient comfort allows

Phase 2 (Weeks 6-10)

- **Weightbearing:** Full weightbearing without assistive devices
- **Hip Precautions:** Discontinue hip precautions
- **Range of Motion:** Active ROM to exceed the boundaries of prior hip precautions.
- **Therapeutic Exercises**
 - Advance lower extremity strengthening
 - Hip abductor strengthening and balance optimization
 - Can return to road cycling, swimming
- Modalities per PT discretion. Okay to begin blood flow restriction therapy.

Phase 3 (Weeks 10-16)

- **Weightbearing:** Full weightbearing without assistive devices
- **Range of Motion:** Active hip ROM as tolerated
- **Therapeutic Exercises**
 - Weight training
 - May begin light jogging

Phase 4 (Weeks 16-26)

- **Weightbearing:** Full weightbearing without assistive devices
- **Range of Motion:** Active hip ROM as tolerated
- **Therapeutic Exercises**
 - Advance strengthening
 - Plyometrics
- Return to sports and outdoor recreation activities once cleared by Dr. Gross