



# POSTERIOR TOTAL HIP ARTHROPLASTY

## Phase I (Weeks 4–10)

1. No hip flexion beyond 90 degrees
2. No hip adduction beyond neutral. DO NOT cross legs
3. No hip internal rotation beyond neutral. Toes point out
4. Progress to full WBAT, start by using walker or crutches, progress to cane as tolerated.
5. Raised toilet seat to be used for 6 weeks
6. Recommend to raise the height of chairs.
7. Use abduction wedge while sleeping/resting for 6 weeks.
8. Transfer to the uninvolved lower extremity.

## Immediate Post op through 4 weeks, MAXIMUM PROTECTION

- Increase hip abduction range of motion and strength
- Increase hip extension range of motion and strength
- Increase hip external rotation range of motion (can begin to stretch)
- hip to increase external rotation with hip in neutral at or after 2 weeks post op
- Increase knee and ankle range of motion and strength
- Gentle massage
- Chest deep (75% body weight support) pool walking/exercise
- allowed at 3 weeks post op

## Exercises to be included in Home Exercise Program

- Gluteal, quadriceps, hamstring isometrics
- Hip abduction supine-lying or standing abduction and extension
- Ankle pumps
- Heel slides
- Short arc quads, straight leg raises
- Supine-lying external rotation
- Walker or crutches until cleared by PT for cane usage

## Phase IV (Months 6–12)

- Weight bearing to full with assistive devices only as needed
- Avoid deep squats & reaching for objects on ground
- Promote hip extension and prevent hip flexion contracture by introducing prone lying position and initiate hip extension and abduction in this position.
- May begin theraband strengthening

## Six Weeks post-op

- Weight bearing to full with assistive devices only as needed
- Avoid deep squats & reaching for objects on ground
- Promote hip extension and prevent hip flexion contracture by introducing prone lying position and initiate hip extension and abduction in this position.
- May begin theraband strengthening

Horseback riding allowed at 10 weeks, recommend getting on horse from the uninvolved side.

Golf/Cross country skiing allowed at 3 months. Downhill skiing allowed after 4 months, groomed slope only. Patient to ski below normal level of challenge. Do not ski if you not already done so at intermediate or higher level.

NO high impact activities following Total Hip Arthroplasty. Running, jumping, high impact aerobics and heavy labor are not recommended.