



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Total Hip Replacement Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Range of Motion Limitations: Hip precautions ***ANTEROLATERAL PRECAUTIONS***: No end range extension, external rotation, and abduction (kicking a field goal pose)

Phase I: Post-op weeks 1-3

- Ankle Pumps
- Quad Series
- Hamstring Sets
- Glut Sets
- Heel Slides
- P/AROM within precautions
- Assisted hip abduction

Phase II: Post-op weeks 3-12

- Standing HS curls
- Single Leg Balance (stable surface to unstable)
- Heel and Toe Raises
- Light leg press with precautions
- Gait Training
- Stationary Bike (within precautions)
- Pool therapy: Aqua Jogging (when incisions healed)

Phase III: Post-op weeks 12-24

- 1/3 Knee bends as tolerated
- Step-ups
- Resisted Lateral Stepping
- Resisted Skaters and Sliders
- Leg press
- Treadmill Walking/Swimming/Elliptical

Phase IV: Return to Activities/Sports

- Proprioceptive Challenges
- Progress sport specific skills
- Return to activities as tolerated and as strength allows

Return to sports:

- Hiking: 3-4 months
- Tennis: 4-5 months
- Road bike: 3-4 months
- Skiing: 4-5 months
- Golf: 4-5 months

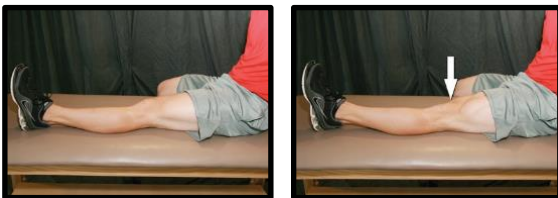
TOTAL HIP ARTHROPLASTY - PHASE I: **PROTECTION/RANGE OF MOTION - (Post-op Weeks 1-3)**

ANKLE PUMPS



- With a straight leg, flex and point ankle back and forth
(1-2 minutes every hour)

QUAD SETS



- Gently tighten thigh muscle, drawing the knee cap towards the hip and extending the back of the knee towards the bed
 - Hold 5 seconds
 - Relax and repeat
- (15 reps, 1-2 sets, 3-4 times per day)

HAMSTRING SETS



- Bend knee up to ~20-30 degrees
 - Dig heel into table toward buttocks to contract hamstrings without moving the knee
 - Hold for 5 seconds
 - Relax and repeat
- (15 reps, 1-2 sets, 3-4 times per day)

GLUT SETS

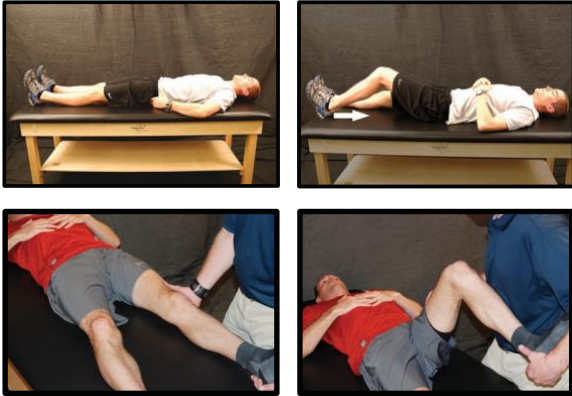


- Lie on back with legs straight out
- Squeeze your buttocks together and hold for 5 seconds
- Relax and repeat

(15 reps, 1-2 sets, 3-4 times per day)

TOTAL HIP ARTHROPLASTY - PHASE I: PROTECTION/RANGE OF MOTION

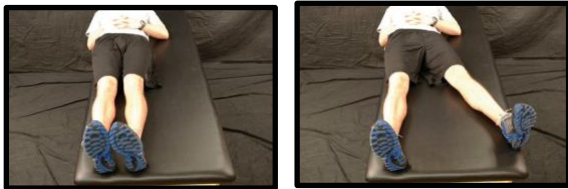
HEEL SLIDES



- Sit with legs extended straight out
- Slide heel toward buttocks while keeping heel on the table
- Return to starting position and repeat motion
- Assistance should be provided by a helper if exercise can not be performed independently

(15 reps, 1-2 sets, 3-4 times per day)

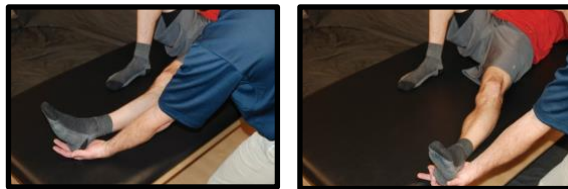
HIP ABDUCTION



- Lie on back slightly shifted toward one side of the bed
- Keeping leg on the bed, slide affected leg sideways away from the center of your body
- Bring leg back and repeat motion
- Make sure you do not cross the belly button line of your body when bringing your leg back to center

(15 reps, 1-2 sets, 2-3 times per day)

ASSISTED ABDUCTION



HIP INTERNAL ROTATION



- Lie on back slightly shifted toward one side of the bed
- Keeping leg on the bed, roll your knee towards the center of your body
- Bring leg back and repeat motion
- Maintain instructed hip precautions

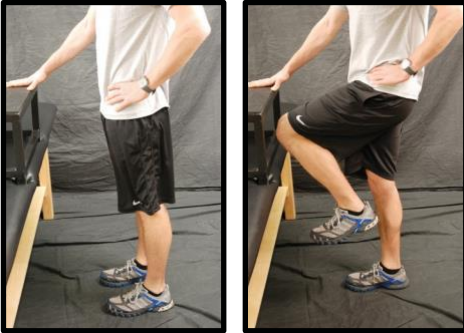
(15 reps, 1-2 sets, 2-3 times per day)

AQUA JOGGING - WHEN INCISIONS ARE HEALED

- Perform with flotation belt in deep water (feet should not touch bottom)
 - Mimic an easy jogging motion and use normal running arms (no paddling)
 - Goal is easy hip motion, not forward movement
 - Remember to limit extension to neutral, but do try to get upper thigh to return to a straight up and down position
 - Perform for 10 minutes but if you feel discomfort in hip flexor either slow leg motion down or stop
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TOTAL HIP ARTHROPLASTY - PHASE II: STRENGTHENING & RANGE OF MOTION - (Post-op Weeks 4-12)

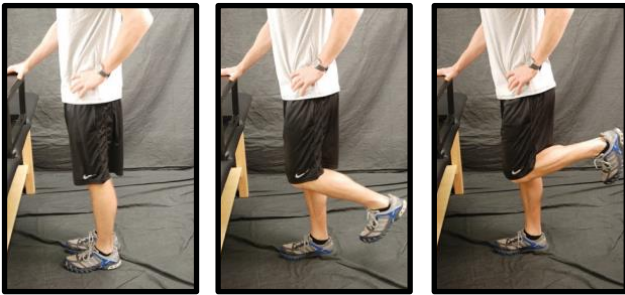
HIP FLEXOR EXERCISES



- Stand with hand supported on edge of table and feet shoulder width apart
- Keeping back straight, raise one leg up until your thigh is approximately parallel with the ground
- Return to starting position and repeat

(10 reps, 3 sets, 1-2 times per day)

STANDING HAMSTRING CURLS



- Stand with hand supported on edge of table and feet shoulder width apart
- Flex knee to ~90 degrees
- Return to starting position and repeat

(15 reps, 1-2 sets, 3-4 times per day)

SINGLE LEG BALANCE



- Stand with uninvolved leg lifted from the ground
- Maintain your balance by using a chair or other stable surface if needed
- Maintain position as steady as possible for 30 seconds
- When advised by your therapist, add a piece of foam or dyna disk under your foot to increase the difficulty of this exercise
- Eyes may be closed to further increase difficulty

(30 seconds each leg, 3-4 times per day)

HEEL AND TOE RAISES



- Stand with your feet ~shoulder width apart
- Keeping back straight, raise up on your heels
- Return to starting position
- Raise up on your toes

(15 reps, 1-2 sets, 3-4 times per day)

LIGHT LEG PRESS



- Lie on back on leg press
- Keep feet shoulder width apart
- DO NOT squat past 75 degrees of hip flexion
- Consult your therapist to determine appropriate weight

(15 reps, 1-2 sets, 1-2 times per day)

STATIONARY BIKE



- Set bike seat so that knee extends to approximately 5 degrees at bottom of stroke
- Your therapist will instruct you on how much resistance to use while peddling on the bike

(Max time 20 minutes, 2 times per day)

HIP ABDUCTION EXERCISES



- Stand with hand supported on edge of table and feet shoulder width apart
- Lift outside leg off the ground and sideways while keeping hips level
- Return to starting position and repeat

(10 reps, 3 sets, 1-2 times per day)