

## Dr. Zarling Hip Arthroplasty Post-Operative Rehabilitation Protocol

These are general guidelines for the immediate postoperative period. Every patient will progress at different paces depending upon the extent of their surgery and their preoperative status.

### Posterior Hip Precautions

- DO NOT flex at the hip beyond 90 degrees
- DO NOT cross either leg past midline
- DO NOT twist at the hips
- DO NOT reach for anything below the knees
- SLEEP on you back

### Anterior Hip Precautions

- DO NOT Externally rotate the leg
- DO NOT Extended at the hip joint
- DO NOT twist at the hips

<p style="text-align: center;"><b>Immediate post-op (First week)</b></p> <p>Take pain medication as prescribed</p> <p><b>REHAB</b></p> <p>Supine:</p> <ul style="list-style-type: none"> <li>• Ankle pumps, glut sets</li> <li>• Heel slides</li> <li>• Abduction</li> <li>• Ice and elevate lower extremity 3-4 x per day</li> </ul> <p>Sitting :</p> <ul style="list-style-type: none"> <li>• Sit for a half hour at a time. Use caution to avoid flexing beyond 90°</li> <li>• Do not reach below knees.</li> </ul> <p>Gait</p> <ul style="list-style-type: none"> <li>• Walker or crutches WBAT</li> <li>• Avoid twisting at the hips</li> <li>• Take steps one at a time</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Awareness of hip precautions</li> <li>• Independent ice and elevation</li> <li>• Develop home exercise program</li> <li>• Independent transfers</li> <li>• Ambulate 100 feet with walker/crutches</li> <li>• Vehicle transfers</li> <li>• Daily hygiene</li> </ul> <p>NOTES</p> <p>-----</p> <p>-----</p> <p>-----</p>
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<p style="text-align: center;"><b>Weeks 2 and 3</b></p> <p style="text-align: center;">Limit narcotic pain medication. Take only when needed</p> <p>Supine:</p> <ul style="list-style-type: none"> <li>• Ankle pumps, glut sets</li> <li>• Heel slides</li> <li>• Abduction</li> <li>• Ice and elevate lower extremity 3-4 x per day</li> </ul> <p>Sitting :</p> <ul style="list-style-type: none"> <li>• Sit for a half hour at a time. Use caution to avoid flexing beyond 90°</li> <li>• Do not reach below knees.</li> </ul> <p>Gait</p> <ul style="list-style-type: none"> <li>• Walker or crutches WBAT</li> <li>• Avoid twisting at the hips</li> <li>• Take steps one at a time</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Maintain hip precautions</li> <li>• Abduction strengthening</li> <li>• Minimize edema</li> <li>• Maintain home exercise program</li> <li>• Independent transfers and gait</li> <li>• Walk 200 ft 3X / day w/ walker/crutches</li> <li>• Stairs 1-2 X/day</li> <li>• Independent Vehicle transfers</li> <li>• Independent daily hygiene</li> </ul> <p>NOTES</p> <p>-----</p> <p>-----</p>
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<p style="text-align: center;"><b>Weeks 3 -6</b></p> <p style="text-align: center;">No Narcotic medication</p> <p>Strengthening</p> <ul style="list-style-type: none"> <li>• Supine: ankle pumps, heel slides, leg lifts</li> <li>• Standing : hip extension , abduction</li> <li>• Closed chain exercise for balance and proprioception</li> </ul> <p>Gait</p> <ul style="list-style-type: none"> <li>• Walker or crutches WBAT</li> <li>• Advance to cane</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Maintain hip precautions</li> <li>• Abduction strengthening</li> <li>• Minimal edema</li> <li>• Maintain home exercise program</li> <li>• Walk 2-3 blocks</li> <li>• Transition to cane</li> <li>• Independent ADLs</li> </ul> <p>NOTES</p> <p>-----</p>
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<p style="text-align: center;"><b>Weeks 6 -8</b></p> <p style="text-align: center;">No Narcotic medication</p> <ul style="list-style-type: none"> <li>• Continue strengthening exercises</li> <li>• Work on balance and proprioception</li> <li>• Transition from cane to</li> <li>• Develop life long exercise goals</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Maintain standard hip precautions</li> <li>• Normal muscle tone 4/5</li> <li>• Walk 5 blocks</li> <li>• Begin driving</li> <li>• Single leg stance for 10 seconds</li> <li>•</li> </ul> <p>NOTES</p> <p>-----</p>
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