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Rehabilitation Protocol

Total Hip Arthroplasty Posterior Approach

Precautions

Do not bend the operated hip past 90 degrees. Do not cross the midline of the body with the operated leg. Do not rotate the operative leg inward. When in bed, toes and kneecap should point toward the ceiling. Restrictions strict for 6 weeks, then more relaxed for 6 weeks.

Phase 1 (1–5 days post-op)

Incision care: Observe for signs of infection

Modalities: PRN for pain and inflammation (ice, IFC)

Edema: Cryotherapy, elevation, compression wrap with ACE™ bandages toes to thigh

Gait: Ambulation with walker or 2 crutches on flat surfaces only with WBAT unless specified by physician; stair training

ROM: AROM/AAROM/PROM of ankle, knee, and hip within posterior hip precaution

Exercises: Quad/hamstring/glute sets, SAQ, LAQ, SLR, supine hip abduction

Phase 2 (5 days–4 weeks post-op)

Incision care: Continue to monitor for signs of infection and begin scar management techniques when incision is closed

Modalities: Continue PRN

Edema: Cryotherapy, elevation, compression wrap with ACE™ bandages toes to thigh

Gait: Progress to cane and wean off assistive device when Trendelenburg test is negative

- Progress stairs
- WBAT unless specified by physician

ROM: AROM/AAROM/PROM of ankle, knee, and hip within posterior hip precaution

Exercises: Continue as Phase 1

- Begin stationary cycle/stepper without resistance, calf raises, step-ups, squats, PREs, forward and lateral step up/down, 3 ways SLR (NO ADDUCTION), sit to stand, figure 4 stretches and iliopsoas stretching

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Phase 3 (4–10 weeks post-op)

Incision care: Continue to monitor for signs of infection and/or scar mobilizations

Modalities: Continue PRN

Edema: Cryotherapy, elevation, compression wrap with ACE™ bandages toes to thigh

Balance/Proprioception training: Progress to single leg balance challenges

ROM: AROM/AAROM/PROM of ankle, knee, and hip within posterior hip precaution

Exercises: Continue as Phase 2

- Stationary/recumbent cycle or stepper with resistance
- Forward/lateral step up/down
- 3 ways SLR (NO ADDUCTION)
- Half lunges into flexion
- Abduction and extension
- Sit to stand
- Side stepping and retro-walking
- Ambulation on uneven surfaces
- Lifting/carrying
- Pushing/pulling
- RTW tasks
- Figure 4 stretches
- Iliopsoas stretching
- HEP/fitness center routine

Phase 4 (10+ weeks post-op)

Progress strength to allow ambulation of community distances, all home ADLs, and increased work activities if needed