



PHYSICAL THERAPY DEPARTMENT  
LANDSTUHL REGIONAL MEDICAL CENTER  
BUILDING 3770, 12A



**TOTAL HIP ARTHROPLASTY  
POSTERIOR APPROACH**

Revised September 2015

**Discharge Criteria**

To Rehabilitation Hospital

Independent/minimum assistance with bed mobility  
Ambulation with assistive device for 30 feet

To Home

Independent bed mobility and transfers  
Able to safely negotiate home obstacles, such as stairs and carpet  
Independent ambulation with assistive device for 300 feet  
Coordinate with social work services to obtain home equipment  
-Wheeled walker

**Precautions x 6 Weeks**

Wear TED hose  
Sleep on back  
Pillow under ankle, NOT under knee- Keep foot of bed flat  
No flexion greater than 90°  
No adduction past midline  
No internal rotation

**Post-op Weeks 1-6**

**Goals**

Protection  
Hip range of motion 0-90°

**Precautions**

See above

**Exercises**

Walker or crutches- Weight-bearing as tolerated (WBAT)  
-Progress to cane and discontinuing walking is normal  
Upright bike- no hip flexion greater than 90°  
Ankle pumping  
Heel slides, active range of motion, active-assisted range of motion with above restrictions  
Quad sets, co-contractions hamstring/quads  
Short arc quads with up to 10 pounds

Sitting knee extension (chair or mat) 90° to 0°  
Double leg bridging, progress to single leg as tolerated  
Weight shifting (Biodex)  
Mini-squat 0-45 degrees  
Forward, retro-, lateral step downs (small step)  
Double leg heel raises  
Progressive abduction strengthening

- Side-lying
- Standing
- Add light weight in side-lying when able to perform 25 reps
- Standing with theraband, bilaterally

Sit to stand  
Lower extremity stretches: Calves, standing hip flexor, quadriceps

## **Week 6-9**

### **Goals**

Normal gait  
Sit to stand without hands

### **Precautions**

Crutches- discontinued when gait is normal  
Continue to caution against hip flexion greater than 90°  
Continue to sleep on back  
Discontinue pillow between legs while sleeping

### **Exercises**

Continue appropriate previous exercises  
Band walks- Lateral and retro-walking  
Wall squats  
Sit to stand without hands  
Leg press, less than 90° of flexion  
Standing hip 4 ways, both legs  
Single leg heel raises  
Stair training  
Proprioception exercises: Single leg balance, rebounder, Biodex, etc.  
Advanced gait training: Ladder drills, hurdles, cones drills, etc.  
Lower extremity stretches: Standing hamstring  
Treadmill-walking progression program  
Beginner pool therapy

## **Weeks 9-12**

### **Goals**

Functional hip range of motion  
Walk greater than 20 minutes

**Exercises**

Continue appropriate previous exercises

Hip flexion greater than 90°- Single knee to chest

Knee extension weight machine

Elliptical trainer

Stretches-quads, hamstrings, hip flexors, ITB

Advanced pool therapy

**Months 3-6**

Discontinue supervised PT

Resume all recreational activities tolerated

Encourage non-impact activities

JOHN VONDUSKA  
LTC, SP  
Chief, Physical Therapy

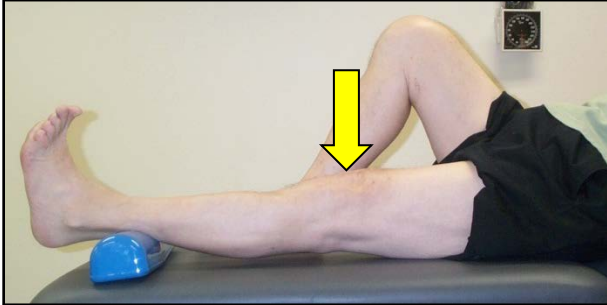
ADAM GROTH  
LTC, MC  
Chief, Orthopedics



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**#1: QUAD SETS (10 / HR)**



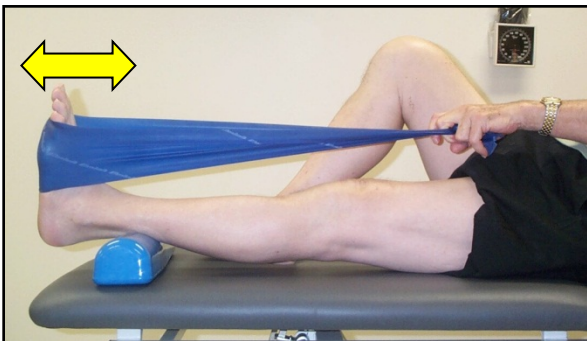
Tighten the muscle on top of your thigh by pushing your knee down into the bed. Hold 3-5 seconds.

**#2: GLUTEAL SETS (10/HR)**



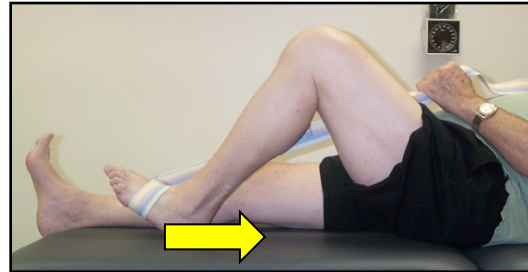
Tighten your buttocks muscles together. Hold 3-5 seconds.

**#3: ANKLE PUMPS (10 / HR)**



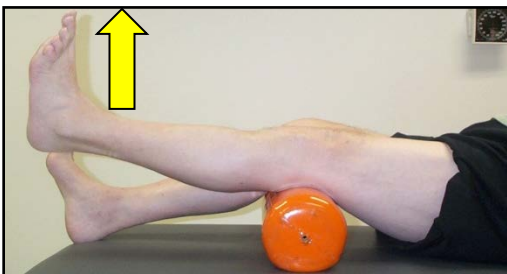
Slowly bend and straighten ankle moving through your full range of motion.

**#4: HEEL SLIDES (3 X 10) 3 Sets/Day**



Bend your knee by slowly sliding your foot towards your buttocks. Hold for 3-5 seconds.

**#5: SHORT ARC QUADS (3X10) 3 Sets/Day**



With bolster or pillow under knee, tighten the muscle on the front of your thigh until your knee is straight. Slowly lower.

**#6: SUPINE STRAIGHT LEG RAISES (3X10) 3Sets/Day**



Tighten the muscle on the front of your thigh. Lift your leg 8-10" off the bed, keeping knee locked. Slowly lower.

**Landstuhl Regional Medical Center  
Outpatient Physical Therapy (Ward 12A)  
LRMC Appointment Line    DSN: 590-LRMC (5762)**

**CIV: 06371-9464-LRMC (5762)  
Hours of Operation: 0730-1630  
Physical Therapy Appointment**

Unless otherwise instructed by your surgeon, you should be seen in Physical Therapy within **5-7 days** from your hospital discharge.

You will be responsible for calling the Physical Therapy Department closest to your duty station or home. If you are required to come to Landstuhl Therapy, you will be given a time and date of your outpatient appointment before you are discharged from the hospital.