



Hip Hemiarthroplasty- Posterior Approach Post-Operative Protocol

WBAT initially from surgery.

No hip flexion $>90^\circ$ for 4 weeks, followed by no combined flexion/IR/Add.

Long term goals and timeline will be modified by patient's level of function.

Phase 1 – PROTECTED MOBILITY

Weeks 0-4:

- Isometric and isotonic leg strengthening
- Knee and ankle ROM
- Wean from assistive devices
- Pool activities when incisions have healed
- Initiate core program
- Hip ROM within precautions
- Wait at least 2-3 weeks until driving (depending on progression and medication use)

Phase 2 – STRENGTH

Weeks 5-6:

- Isotonic leg strengthening
- Stationary bike for ROM
- Balance and proprioception progression
- Stretching to Improve ROM (IR in prone, extension)
- Flexion >90 ok after 4 weeks
- Hip mobilization to improve ROM
- **if patient develops pain with any specific exercise, proceed more slowly

Phase 3 – FUNCTIONAL MOBILITY

Weeks 7-12:

- Progress to full ROM-avoiding combination flexion, IR, adduction
- Resistive leg strengthening
- Closed chain strengthening – squatting, bridging, step ups
- Advance balance and proprioception activities
- *Goals: TUG <8 seconds, Functional Reach >10 inches, Safe sit to stand, reciprocating stair climb

Weeks 12+:

- Return to gym activities, emphasizing low impact exercises
- Return to sport activities as tolerated