



## Total Hip Arthroplasty- 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