

TOTAL HIP ARTHROPLASTY THA, HHA, RESURFACING

Dr. James A. Shapiro, MD

WEEKS	PRECAUTIONS	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-1 week	<ul style="list-style-type: none"> No flexion more than 90°. No adduction beyond 0° Avoid excessive rotation, internal 0° and external 30° Use abduction pillow in bed. Monitor swelling. Monitor for signs of infection. Monitor for signs of DVT. 	<ul style="list-style-type: none"> Flexion - 90° Abduction - 30° Adduction - 0° Internal Rotation - 0° External Rotation - 30° 	<ul style="list-style-type: none"> Hip abduction in bed. Able to do a SLR. Good quad set. Good ankle motion and pumps. 	<ul style="list-style-type: none"> Discharge home in 2-3 days if the following are met: <ul style="list-style-type: none"> Transfers independently. Ambulate >150 feet using walker or crutches. Ambulate with cane as tolerated. Able to ascend/descend stairs safely. Safely get into and out of chair. Discharge to Rehab in 3 days if above goals not met.
1-3 weeks	<ul style="list-style-type: none"> As for 0-1 week. 	<ul style="list-style-type: none"> As for 0-1 week. Review hip precautions Knee ROM should be equal to non-operative leg, address discrepancies prn Initiate hip flexor stretching as indicated 	<ul style="list-style-type: none"> Improved dynamic balance. Able to hold pelvis level with one leg stance. Hip flexion standing. Hip abduction against gravity. May do closed kinetic chain exercises: <ul style="list-style-type: none"> Heel raises, step ups, mini squats. 	<ul style="list-style-type: none"> Improved ambulation mechanics and endurance. Gait training working on mechanics and transition from walker/crutches to cane as tolerated. (If not already done). Improved ADL function.
3-6 weeks	<ul style="list-style-type: none"> As for 0-1 week. 	<ul style="list-style-type: none"> As for 0-1 week. May do stretching as indicated. Knee ROM same other side. 	<ul style="list-style-type: none"> Continue standing and CKC exercises, add weight as indicated Progress balance and proprioception exercises (trampoline, BAPS, foam roll). Improved overall strength. May add/encourage aquatic therapy. 	<ul style="list-style-type: none"> Normal gait without assistive device Independent in all ADLs.



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