



Total Hip Arthroplasty

Precautions:

*An uncemented prosthesis will have **limited weight bearing** for up to 6 weeks. All THA prostheses will start with normal hip precautions. For a **metal on metal THA** prosthesis, the total hip precautions are removed at 6 weeks. Please contact physician for specific information on which prosthesis was used.*

Phase I (1 – 5 days post-op)

- **Wound:** Monitor for signs of infection.
- **Edema:** Cryotherapy, compression stockings (TED hose)..
- **Gait:** Ambulation with walker or crutches with weight bearing restrictions per MD.
- **ROM:** PROM/AAROM/AROM knee and hip.
- **Strengthening:** Begin with isometrics of hip and knee followed by supine and seated hip and knee exercises. (No SLR as repetitive exercise for 6 weeks)
- **Modalities:** Cryotherapy and modalities PRN for edema and pain control.

Phase II (5 days – 4 weeks)

- **Wound:** Monitor for signs of infection. Initiate scar massage when steri strips have fallen off and wound is fully healed.
- **Edema:** Cryotherapy, elevation and/or compression stockings.
- **Gait:** Ambulation with walker with weight bearing restrictions per MD.
- **ROM:** PROM/AAROM/AROM knee and hip
- **Strengthening:** Continue Phase I exercises and progress to standing exercise, low resistance open and closed chained exercise, stationary bike adjusted to not exceed 90 degrees of hip flexion
- **Modalities:** Continue prn

Phase III (4 – 10 weeks)

- **Wound:** Monitor for signs of infection. Continue scar mobilizations.
- **Edema:** Cryotherapy, elevation and/or compression stockings.
- **Gait:** Increase to full weight bearing at 6 to 10 weeks if uncemented
- **ROM:** AROM/AAROM/PROM knee and hip
- **Strengthening:** Continue previous exercises. Increase resistance of closed chain strengthening. Progress activities to improve function including up/down stairs, gait without assistive device, balance and proprioceptive exercises.
- **Modalities:** Continue prn

Phase IV (10 weeks +)

- **Strengthening:** Progress strength to allow ambulation of community distances, all home ADL's, and increased work activities if needed.