Rehabilitation after Total Hip Arthroplasty

The goal of rehabilitation is to increase your strength and endurance so you can achieve your activity goals. These are general guidelines and may not completely apply to your situation. When in doubt, please clarify any questions with your therapist and/or physician.

Timeline

- Surgery
  » 1-3 days in the hospital
- First 2 weeks
  » Home exercise program
  » Walking program
- At 2 weeks
  » Start 2nd part of exercise program
  » Continue walking program
- At 6 weeks
  » If you are not meeting your activity goals, outpatient physical therapy may begin

Before surgery

Think about:

- The family/friends who will be available to help you once you leave the hospital
- How far you need to walk to get to your house and around your house
- How many stairs you need to climb
- Any obstacles you are worried about navigating at home

*Your responses will help us with working with you to prepare for your return home

In the hospital – beginning the day of surgery

To regain your strength and energy, it is important to get up to the chair for your meals and to take 1-2 walks in the hall every day you are in the hospital.

A physical therapist will work with you to gain independence with getting out of bed and chairs, walking, and climbing stairs.

An occupational therapist will work with you to gain independence in dressing, showering and toileting. They will help you determine what additional equipment you may need at home. See next page.

Initially you will need an assistive device (walker, crutches) to walk. If you have one already, bring it to the hospital to use, otherwise you will be provided one.
Activities of Daily Living

Following surgery, you may find everyday things such as dressing, toileting, and bathing, are a lot more difficult. There are several devices that may help you with independence in these areas:

You may consider borrowing these items from a friend or family member. However, if you need to purchase the equipment, you may choose to wait until after surgery to decide what you specifically will need.

Therapy Program and Education

Primary focus after surgery

- Learning the precautions
- Control swelling
  - Ice
    - Important for reducing swelling and can also assist with pain management
    - 15-20 minutes, 3-5 times a day
  - Elevation
    - Ankle above knee and knee above hip, make sure the knee is straight
**Progressive Walking Program**

It is important to walk! Walking helps to increase blood flow, flexibility, muscle strength, balance and endurance. Below is a general walking program progression, which may be adapted based on your specific needs.

<table>
<thead>
<tr>
<th>Week</th>
<th>Time</th>
<th>Pace</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 minutes 3 times a day</td>
<td>Easy</td>
</tr>
<tr>
<td>2</td>
<td>5-10 minutes times a day</td>
<td>Easy</td>
</tr>
<tr>
<td>3</td>
<td>10-15 minutes times a day</td>
<td>Easy</td>
</tr>
</tbody>
</table>

Initially, make sure your walking path is safe and manageable. It is important as your recover to challenge yourself, but please progress safely and with input from your outpatient physical therapist.

**Home Exercise Program Part 1: 1st 2 weeks**

**Ankle Pumps: AS OFTEN AS YOU CAN**

In a seated or lying position, move your ankles up and down

**Glute Sets: 5 - 6 time a day; 10 - 20 repetitions each**

In a seated or lying position, tighten your buttocck muscles and hold for 2-5 seconds.

**Quad Sets: 5 - 6 time a day, 10 - 20 repetitions each**

In a lying position, tighten your thigh muscles to straighten the knees to press the back of the knee down into the bed/couch and hold for 2-5 seconds.

**Heel Slides: 5 - 6 time a day, 10 - 20 repetitions each**

In a lying position, slide the heel towards your buttock while keeping the kneecap and toes pointed straight up.
Hip abduction: 5 - 6 time a day, 10 - 20 repetitions each

In a lying position, keep the knee straight and the leg “dragging,” slide the leg outwards ~10 inches. Make sure the knee cap and toes are pointed towards the ceiling.

Long Arc Quads: 5 - 6 time a day, 10 - 20 repetitions each

In a seated position with thighs supported as much as possible on a hard chair, kick the leg out and up with the goal of fully extending the knee.

**Home Exercise Program Part 2: progress as able**

**Standing hip abduction: 5 - 6 time a day, 10 - 20 repetitions; both legs**

While holding onto a a stable surface. Raise the leg out to the side ~12 inches while keeping the knee straight and the toes pointed straight forward.

**Mini-Squats: 5 - 6 time a day, 10 - 20 repetitions; both legs**

While holding onto a stable surface. Slowly drop hips down ~10 inches like you are sitting into a chair. Look forward and stick your buttocks out behind you keeping your back straight.

**Standing hip extension: 5 - 6 time a day, 10 - 20 repetitions; both legs**

While holding onto a stable surface. Raise the leg backwards ~6 inches while keeping the knee straight and the toes pointing forward.

**Standing marching: 5 - 6 time a day, 10 - 20 repetitions; both legs**

While holding onto a stable surface. Raise the leg into the air to mimic marching. Do 1 leg at a time, do not alternate.