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## TOTAL HIP ARTHROPLASTY ANTERIOR APPROACH

### Overall:

- No Hip Precautions.
- Progress Gait training with LRAD to patient's tolerance.

### Phase 1:

#### Goals...

- Decrease Pain and Inflammation with daily ice application
- Regain functional ROM (PROM/AAROM, AROM)
- Demonstrate good neuromuscular control for daily functional activities.
- Normalize gait with least restrictive assistive device (LRAD)

#### Week 0-2

- ROM Exercises (PROM, AAROM, AROM)
  - Emphasize full knee extension equal to contralateral knee
  - Hip and Knee flexion and extension without restriction.
- Flexibility exercises:
  - PROM, AAROM exercises with hip and knee flexion and extension
- Quadriceps Exercises:
  - Quadriceps sets and straight leg raises
  - Quadriceps recruitment techniques.
- Gait Training:
  - Weight bearing as tolerated (WBAT) unless noted otherwise.
  - Progress gait pattern to step through with LRAD as tolerated.
  - Maintain upright posture during gait.
- Return to Golf:
  - Chipping and putting allowed as tolerated
  - FULL Swing restrictions in place until 6 weeks post-op
- Return to Driving Criteria:
  - Must remain off prescribed pain medications during the daytime
  - Demonstrate the necessary AROM to operate motor vehicle in addition to the reaction time required to act in an emergency situation.

#### Weeks 3-6

- Scar Management:
  - Self daily Bio Oil Applications after sutures and steri-strips have been removed

- ROM Considerations:
  - Ensure full extension (PROM, AAROM, AROM)
  - Aggressively pursue full knee flexion (PROM, AAROM, AROM).
- Hamstring Exercises:
  - Open chain kinetic strengthening.
- Quadriceps Exercises:
  - Progressive Open and Closed chain kinetic strengthening.
- Proprioception Exercises

## **Phase 2:**

### Goals...

- Improve strength of affected to that of contralateral side.
- Progress gait training to independent ambulation without assistive device or previous assistive device with step through pattern.
- Mastery of diverse functional activities.
- Return to Sport.

### Weeks 7-9

- Strengthening Activities:
  - Increase intensity of open and closed kinetic chain quadriceps exercises.
  - Continue progression with hamstring exercises
  - Generalized lower extremities and trunk training
- Gait Training:
  - Aggressive correction of any remaining gait abnormalities.
- Criteria to begin golf/tennis:
  - Full knee extension
  - No knee effusion
  - Adequate quadriceps neuromuscular control
  - Institute easy controlled pivoting, plyometrics when appropriate neuromuscular control is demonstrated.

### Weeks 10-12

- Strengthening Exercises:
  - Increase intensity for open chain kinetic quadriceps exercises.

## **Phase 3:**

### Goals...

- Approximate muscular strength of contralateral lower extremity.
- Normalize gait pattern.
- Mastery of sport specific activities in preparation for return to sports.

### Weeks 13-16:

- Intense lower extremity weight training program.
- Institute aggressive sport specific training p