Total Hip Arthroplasty
Direct Anterior Approach Rehab Protocol

Overall: • No Hip Precautions.
  • Progress Gait training with least restrictive assistive device (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

Weeks 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 otherwise noted
  • 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 of prescribed pain medications during the daytime
  • Demonstrate the necessary AROM needed to operate a 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 first post op visit.

• 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 the 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 (if indicated)

Weeks 13-16

• Intense lower extremity weight training program.
• Institute aggressive sport specific training program (if indicated)