



# Mid-America Orthopedics

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### **Total Hip Replacement Lateral Approach**

#### Precautions:

- Wear TED hose
- Sleep on back
- Pillow between legs when sleeping
- No active abduction exercises
- ROM limits: No flexion > 90 degrees
- No adduction past midline

#### Hospital (days 1-3)

- Gait training: WBAT with assistive device
- Edema: control with use of cryotherapy, compression and elevation
- Exercises:
  - Heel slides
  - Quad sets
  - Ankle pumps
- Continue to follow ROM guidelines/review with the patient
- Elevated toilet seat/Adduction pillow/Reacher

#### Home (weeks 1-4)

- Hospital exercises

#### Weeks 4-6

- Gait training: progress onto use of cane for ambulation
- Exercises:
  - Short arc quads (SAQ)
  - Sitting knee extension (90-0 degrees)
  - Mini squats (0-45 degrees)
  - Step downs: forward and lateral
  - Heel raises (double leg)
  - Recumbent bike
- Continue to follow ROM guidelines

#### Weeks 6-9

- Gait training: cane as needed; d/c when gait is normal
- Progressive hip abductor strengthening (start with standing then sidelying)
- Exercises
  - Walking lateral and retro
  - Wall squats
  - Straight leg raises (SLR) flexion, abduction, extension
  - Hip extension strengthening exercises
  - Hamstring curl
  - Single leg balance
  - Heel raises (single leg)
  - Treadmill
  - Stationary bike