



Mid-America Orthopedics

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Total Hip Replacement: Anterior Approach

Precautions:

- Wear TED hose
- Sleep on back
- Pillow between legs when sleeping
- No internal rotation or external rotation with abduction exercises
- No hip extension past neutral
- 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 as tolerated (anterior hip muscle activation)
 - Quad sets
 - Ankle pumps
 - Glute sets
- 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: ambulation with front-wheeled walker and progress toward use of cane
 - D/c assistive device when perform single leg mini squat on involved extremity
- Progressive hip abductor strengthening (start with standing then sidelying)
- Exercises:
 - Gluteal, hamstring sets
 - Short arc quads (SAQ)
 - Sitting knee extension (90-0 degrees)
 - Mini squats (0-45 degrees)

- Step ups: forward and lateral
- Heel raises (double leg)
- Supine hip abduction, progress hip abductor strengthening
- Walking lateral
- Straight leg raises (SLR) flex and abduction
- Recumbent bike
- Continue to follow ROM guidelines

Weeks 6-9

- Gait training: d/c assistive device when quadriceps control is normal
- Exercises
 - Wall squats
 - Hamstring curl
 - Single leg balance
 - Heel raises (single leg)
 - Bridges
 - Treadmill/Stationary bike