



# Mid-America Orthopedics

## **Dr. Ben Young**

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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