



Mid-America Orthopedics

Dr. Ben Young

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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
- Cane or walker use full time x 6 wks

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