Total Hip Arthroplasty
Direct Anterior Approach Rehab Protocol

Overall:
- No Hip Precautions.
- Progress Gait training with LRAD (least restrictive assistive device) 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 (LRAD)

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)