

Pre-operative Hip Surgery Protocol

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- A. Gait training
 - 1. Fit appropriate assistive device
 - 2. Train for WBAT or otherwise directed by physician
 - 3. Emphasis on proper heel-to-toe mechanics
- B. Exercise instruction to be started day 1 after surgery
 - 1. Ankle pumps
 - 2. Heelslides
 - 3. Quad Sets
 - 4. Glut Sets
- C. Cryotherapy
 - 1. Start immediately after surgery
 - 2. Frequent use: 15-20 min. every 1-2 hours
- D. Discuss standard hip precautions following Total Hip Arthroplasty if indicated
- E. Discuss post-op rehabilitation principals, goals, and expected time frames