Total Hip Arthroplasty Protocol

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A. Phase I (≈0-2 weeks post-op)
   1. Gait: WBAT using FWW or 2 crutches
   2. THA - ROM precautions: gentle PROM, AROM dependent on surgeon and type of approach
   3. Cryotherapy – frequent
   4. Exercise
      a. P-AAROM within restrictions
      b. Passive low-load, long-duration adductor stretch
      c. Gentle AA or isometric hip abductor strength
      d. Regain quad control
      e. Low level balance/proprioceptive work
      f. Begin scar massage/soft tissue mobilization at ≈ 2 weeks

B. Phase II (≈2-4 weeks post-op)
   1. Gait: Wean to SPC as strength and proper gait mechanics indicate
   2. Maintain THA - ROM precautions
   3. Continue cryotherapy as needed
   4. Exercise
      a. Start A-AA hip abductor strength work
      b. Progressive CKC, balance/proprioceptive and gait stabilizing exercise
      c. Continue passive low-load, long-duration adductor stretch
      d. Stationary bike with seat reclined (respect hip precautions)

C. Phase III (≈4-6 weeks post-op)
   1. Progressive OKC, CKC, balance/proprioceptive work
   2. Progressive non-impact cardio

D. Phase IV (> 6weeks post-op)
   1. Long term strength, proprioceptive/balance strength work
   2. Primarily monitored HEP at this point