Total Hip Arthroplasty (Minimally Invasive) Protocol

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A. Pre-Op
   1. Gait train: WBAT with crutches and a cane, train on stairs
   2. Discuss standard THA precautions
   3. Cryotherapy - Frequent
   4. HEP
      a. Ankle pumps, Q-Sets, Glut-Sets, Heelslides
      b. Start evening of surgery or next day

B. Post-Op Physical Therapy
   1. Gait
      a. WBAT
      b. Wean from crutches to cane (1-3 weeks post-op) as proper mechanics and leg control allow. Wean from cane to no AD (2-6 weeks post-op) as proper mechanics and leg control allow.
   2. Exercise
      a. AROM and gentle PROM with respect to standard hip precautions
      b. Progressive proprioceptive and balance work
      c. Progressive trunk stabilization work
      d. Gait training strategies to normalize gait mechanics
      e. Progressive hip strengthening (may be moderate to aggressive with hip abduction)