



# Paul N Morton, MD

Hip and Knee Specialist

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## Hip Replacement Rehabilitation Protocol

The intent of this physical therapy protocol is to provide a guideline of postoperative rehabilitation for the clinician to help treat a patient who has undergone a **Total Hip Replacement**. It is not intended to be a substitute for clinical decision making. Clinical decision making on a postoperative course includes physical exam and findings, individualized progress, and presence of any complications. If a clinician requires assistance with progression of a postoperative patient, please consult the referring surgeon.

**In Revision Hip Arthroplasty or cases where there may be soft-tissue or bone compromise - there may be alterations to phase I and II**

### Precautions

- **Posterior Approach:** No hip flexion > 90 degrees. No internal rotation or adduction beyond neutral. No combination of above motions allowed for 6 weeks postoperative
- **Direct Anterior Approach:** Active hip extension and external rotation allowed. Limit passive extension and external rotation. Encourage normal extension/stride with gait.
- **Revision Total Hip: There may be additional precautions. Please confirm these precautions prior to rehabilitation.**

### Pain Management:

Appropriate pain management includes an attempt at reducing the amount of narcotics and side effects of various pain medications by using various treatment protocols. Adequate preoperative pain measures include:

- **Spinal or epidural Blocks** - These are provided by an anesthesiologist preoperatively if clinically indicated
- **Local Analgesics** - Soft-tissue anesthetic injections may be used towards the end of the procedure to reduce post-operative pain
- **IV analgesics** - Postoperative pain medications in the acute postoperative phase may be provided with IV analgesics prior to discharge.
- **Oral analgesics** - Postoperative pain medications include opioids (oxycodone and norco), centrally-acting analgesics (acetaminophen or Tylenol), anti-inflammatory medications (NSAIDs such as meloxicam, celebrex, ibuprofen, or naproxen), and alpha-agonists (Tramadol).
- **Aspirin:** If prescribed may be used as a prophylaxis for deep vein thrombosis or pulmonary embolism as well as pain medication.
- **Cryotherapy** - Ice and cryotherapy may be applied to the affected extremity allows for improvement in pain control.
- **Elevation** - Keeping the affected extremity elevated above the heart while at rest.

### Deep Vein Thrombosis Prophylaxis



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Deep vein thrombosis and pulmonary embolisms are serious complications following lower extremity surgery. In an effort to avoid deep vein thrombosis or pulmonary embolisms, the following protocol is implemented:

- Low-risk patients: Aspirin 325mg twice daily for 30 days
- High-risk Patients: Arixtra 2.5mg daily for 14 days, followed by 30 days of aspirin
- Alternatives may be provided depending on history of trauma, patient medical comorbidities, or history of thromboprophylaxis morphine. Alternatives include medications such as lovenox, heparin, or warfarin.

## **PHASE I - IMMEDIATE SURGICAL POST-OPERATIVE PHASE (0 - 2 days)**

### *Goals:*

- Weight-bearing as tolerated
- Reduce swelling and manage pain
- Perform bed mobility and transfers with minimal assistance
- Ambulate with assistive device for 25-100 feet. Ascend and descend stairs to allow for household independence
- Verbalize understanding of postoperative activity recommendations and precautions

### *Precautions:*

- Weight-bearing as tolerated with assistive device
- No exercises with weights or resistance
- Avoid torque or twisting forces

### *Evaluation:*

- Avoid falls
- Monitor wound healing and drainage - please contact the MD if there is more than a Quarter size of drainage on the dressing
- Monitor for loss of peripheral nerve integrity. Contact Dr. Morton if there are any issues, especially with new-onset ankle dorsiflexion
- If there is a significant amount of wound drainage, severe pain, or redness to the incision - please return to the orthopaedic surgeon's office for an immediate evaluation
- Maintain appropriate pain control postoperatively



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## *Pain Regimen*

- Continuous cryotherapy for 48 hours after surgery, or for at least 5 times daily.
- Continue cryotherapy 20 minutes before and after exercise program
- Acetaminophen 650mg every 4 hours, scheduled
- Meloxicam 15mg daily or Naproxen 500mg twice daily or Celebrex 200mg twice daily, **scheduled**, depending on kidney functional status
- Tramadol 50mg every 6 hours as needed for moderate pain
- Oxycodone 5mg every 4 hours as needed for severe pain
- If pain is not controlled with these measures, please contact Dr. Morton.

## *Therapy:*

- Active, Active Assist, Passive exercises in the supine position: ankle pumps, heel slides, hip abduction/adduction, hip internal/external ROM, hip flexion/extension (as precaution dictates)
- Exercises in sitting position: Long arc quads, ankle pumps

## **PHASE II - INITIAL OUTPATIENT (2 days - 3 weeks)**

### *Goals:*

- Focus on areas of weakness in the operative extremity as well as any other areas in upper extremity, trunk or contralateral lower extremity.
- Proprioception training to improve spatial awareness
- Endurance training
- Functional - promote independence in activities of daily living
- Gait training - Discontinue assistive devices when patients have appropriate extremity strength and balance between 1 and 4 weeks
- Reduce swelling and inflammation

### *Evaluation:*

- 10-14 day postoperative visit: Check for any wound complications. There should be no wound drainage.
- Evaluate any erythema or redness

### *Precautions*

- Patients typically WBAT with assistive device for primary Total hip
- Dislocation precautions
- Enhanced precautions for hip revision patients include hip abductor brace

### *Pain Management*

- Cryotherapy 1-3x/day for swelling/pain management
- Other modalities depending on clinical findings
- Wean from narcotic usage. Continue to use NSAID, Tramadol and Tylenol as prescribed



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## *Therapeutic exercises (Week 1 - 4)*

- Continue prior exercises
- Strengthening: Quadriceps sets in full knee extension, gluteal sets, short arc quadriceps, towel squeeze
- Gait training: Wean from walker to crutches.
- Postural cues/re-education during all functional activities

## *Therapeutic exercises (Week 4 - 6)*

- Continue above exercises
- Front and lateral step up and step down
- 1/4 front lunge
- Sit-to-stand and chair exercises to increase knee flexion during functional tasks
- Continue stationary bicycle for ROM
- May begin pool program if incision healed

## *Criteria for progression to phase III*

- Minimal pain, inflammation and swelling
- Ambulates with assistive device with minimal pain or gait abnormalities
- Daily home exercise program
- Progress to driving - must be off narcotics. Discuss specifics with surgical team.

## **PHASE III: - Intermediate (3 - 6 weeks)**

### *Goals*

- Good strength for all lower extremity musculature and trunk
- Balance and proprioception training
- Return to functional activities
- Begin light recreational activities (walking, pool program)
- Active ROM without pain.
- Minimal pain or swelling

### *Therapeutic Exercises*

- Continue Phase II exercises with resistance and repetitions
- Stationary bike
- Transverse abdominis and trunk stabilization
- 3-way straight leg raise (Flexion/abduction/extension)
- Balance exercises: single leg stance, alter surface, eyes open/closed
- Lateral step-up and step-down with eccentric control
- Front step-up and step-down
- sit-to-stand activities
- Ascending/descending stairs
- Gait training



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## **Phase IV - Advanced strengthening and higher-level function stage (Week 6 to 12)**

**6 Week Visit: X-ray obtained to confirm appropriate implant placement May discontinue precautions as guided by surgeon**

### *Goals:*

- Improve balance
- Reduce pain, inflammation and swelling
- Step-over-step stairs
- Functional activity for ADLs and mobility

### *Therapeutic Exercises*

- Continue prior exercises
- increased duration of endurance
- Front lunge and squat
- progress trunk stabilization
- Progress balance and proprioception activities (ball toss, perturbations)
- initiate overall exercise and endurance training (walking, swimming, progress biking)

### *Criteria for Discharge*

- Non-antalgic and independent gait
- Independent step-over-step stair climbing
- Pain-free active range of motion
- at least 4+/5 strength to all lower extremity musculature
- Age-appropriate proprioception
- Patient independent with home exercise program.

## **Phase IV - Return to function stage (Week 12+)**

- May return to appropriate sport (doubles tennis, gentle downhill skiing, biking) as tolerated.

If you have any questions, please do not hesitate to reach out to Dr. Morton at 808.439.6201

Home Exercise program illustrated on the next few pages. Associated with My Mobility Application. Level 1 or Level 2 will be selected based on patient abilities. for more information, please visit

<https://www.zimmerbiomet.com/en/products-and-solutions/zb-edge/mymobility.html>



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Pre-Operative Exercise Protocol							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pre-Op Routine Pre-Op Routine (-30)	Pre-Op Routine Pre-Op Routine (-29)	Pre-Op Routine Pre-Op Routine (-28)	Pre-Op Routine Pre-Op Routine (-27)	Pre-Op Routine Pre-Op Routine (-26)	Pre-Op Routine Pre-Op Routine (-25)	Pre-Op Routine Pre-Op Routine (-24)	
Pre-Op Routine Pre-Op Routine (-23)	Pre-Op Routine Pre-Op Routine (-22)	Pre-Op Routine Pre-Op Routine (-21)	Pre-Op Routine Pre-Op Routine (-20)	Pre-Op Routine Pre-Op Routine (-19)	Pre-Op Routine Pre-Op Routine (-18)	Pre-Op Routine Pre-Op Routine (-17)	
Pre-Op Routine Pre-Op Routine (-16)	Pre-Op Routine Pre-Op Routine (-15)	Pre-Op Routine Pre-Op Routine (-14)	Pre-Op Routine Pre-Op Routine (-13)	Pre-Op Routine Pre-Op Routine (-12)	Pre-Op Routine Pre-Op Routine (-11)	Pre-Op Routine Pre-Op Routine (-10)	
Pre-Op Routine Pre-Op Routine (-9)	Pre-Op Routine Pre-Op Routine (-8)	Pre-Op Routine Pre-Op Routine (-7)	Pre-Op Routine Pre-Op Routine (-6)	Pre-Op Routine Pre-Op Routine (-5)	Pre-Op Routine Pre-Op Routine (-4)	Pre-Op Routine Pre-Op Routine (-3)	
Pre-Op Routine Pre-Op Routine (-2)	Pre-Op Routine Pre-Op Routine (-1)	NOTES:					



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Post-Operative Exercise Protocol							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	Post-Op Week 1 Post-Op Week 1 Post-Op Week 1	1
Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	Post-Op Week 2 Post-Op Week 2 Post-Op Week 2	2
Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	Post-Op Week 3 Post-Op Week 3 Post-Op Week 3	3
Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	Post-Op Week 4 Post-Op Week 4 Post-Op Week 4	4
Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	Post-Op Week 5 Post-Op Week 5 Post-Op Week 5	5
Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	Post-Op Week 6 Post-Op Week 6 Post-Op Week 6	6
36	37	38	39	40	41	42	



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Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7
Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7
Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7	Post-Op Week 7
43	44	45	46	47	48	49	50	51	52	53	54	55	56
Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8
Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8
Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8	Post-Op Week 8
50	51	52	53	54	55	56	57	58	59	60	61	62	63
Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9
Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9
Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9	Post-Op Week 9
57	58	59	60	61	62	63	64	65	66	67	68	69	70
Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10
Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10
Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10	Post-Op Week 10
64	65	66	67	68	69	70	NOTES:						





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## Pre-Operative THA Routine-Level 1 and Level 2, Right and Left

All routines are completed 2 times/day. Level 1 and Level 2 exercises are the same.

THA Pre-Op	
Exercise	Reps
Gluteal Squeezes	10
Short Arc Quad	10
Straight Leg Raise with Stabilization in Supine	10
Hip Abduction in Supine	10
Bridge with Stabilization	3
Chair Pushup	10



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## Post-Operative THA Routines, Level 1 and 2, Right and Left

All routines are completed 3 times/day. Level 2 exercises progress a little faster, and generally ask the patient to complete more repetitions per exercise.

LEVEL 1 EXERCISE PROGRAM		LEVEL 2 EXERCISE PROGRAM	
THA Post-Op Week 1 (1 and 2)			
Exercise	Reps		
Ankle Pumps	10	Level 1 and Level 2 exercises are the same for post-op week 1	
Gluteal Squeezes	10		
Quad Set Over Towel Roll in Sitting	10		
Short Arc Quad	10		
Heel Slides in Supine	10		
Hamstring Isometrics at 60 Degrees of Flexion in Supine	10		
Knee Extension in Sitting	10		

THA Post-Op Week 2 (1)		THA Post-Op Week 2 (2)	
Exercise	Reps	Exercise	Reps
Gluteal Squeezes	10	Heel Slides in Supine	10
Heel Slides in Supine	10	Short Arc Quad	10
Short Arc Quad	10	Bridge with Stabilization	10
Bridge with Stabilization	10	Knee Extension in Sitting	10
Sit to Stand with Support	10	Sit to Stand with Support	10
Band Resisted Terminal Knee Extension Standing	10	Band Resisted Terminal Knee Extension Standing	10

THA Post-Op Week 3 (1)		THA Post-Op Week 3 (2)	
Exercise	Reps	Exercise	Reps
Bridge with Stabilization	10	Bridge with Stabilization	10
Sit to Stand with Support	10	Band Resisted Terminal Knee Extension Standing	10
Band Resisted Terminal Knee Extension Standing	10	Hamstring Curl in Standing	10
Hamstring Curl in Standing	10	Partial Depth Wall Squat with Hold	10
Bilateral Heel Raise in Standing with Support	10	Bilateral Heel Raise in Standing with Support	10
Side Stepping	5	Side Stepping	5

THA Post-Op Week 4 (1)		THA Post-Op Week 4 (2)	
Exercise	Reps	Exercise	Reps
Hip Abduction in Standing	10	Hip Abduction in Standing	10
Bilateral Heel Raise in Standing with Support	10	Bilateral Heel Raise in Standing with Support	10
Partial Depth Wall Squat with Hold	10	Squat with Support	10
Marching in Standing	10	Marching in Standing	10
Hamstring Curl in Standing	10	Hamstring Curl Band Resisted in Standing	10
		Narrow Stance Balance	1

THA Post-Op Week 5 (1)		THA Post-Op Week 5 (2)	
Exercise	Reps	Exercise	Reps
Clamshells	10	Clamshells	10
Partial Depth Wall Squat with Hold	12	Hip Abduction in Sidelying	10
Hip Abduction in Standing	10	Hip Flexion in Standing	10
Hip Flexion in Standing	10	Stair Step Up with Support	10
Forward Step Over	10	Side Stepping	10
Side Stepping	10	Standing Balance on Pillow	2
Narrow Stance Balance	2		



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THA Post-Op Week 6 (1)		THA Post-Op Week 6 (2)	
Exercise	Reps	Exercise	Reps
Clamshells	10	Clamshells	15
Squat with Support	10	Hip Flexion in Standing	10
Hip Band Resisted Flexion in Standing w/ Support	10	Hip Abduction in Standing	10
Hip Band Resisted Abduction in Standing w/ Support	10	Stair Step Up with Support	15
Stair Step Up with Support	10	Band Resisted Side Stepping	7
Hamstring Curl Band Resisted in Standing	10	Single Leg Balance	2
Single Leg Balance	1		

THA Post-Op Week 7 (1)		THA Post-Op Week 7 (2)	
Exercise	Reps	Exercise	Reps
Hip Abduction in Sidelying	10	Hip Band Resisted Flexion in Standing w/ Support	10
Lateral Step Up w/ Support	10	Hip Band Resisted Abduction in Standing w/ Support	10
Squat with Support	10	Hip Band Resisted Extension in Standing w/ Support	10
Standing Balance on Pillow	1	Lateral Step Up w/ Support	10
Single Leg Balance	1	Standing Balance on Pillow w/ Eyes Closed	2

THA Post-Op Week 8 (1)		THA Post-Op Week 8 (2)	
Exercise	Reps	Exercise	Reps
Hip Band Resisted Flexion in Standing w/ Support	10	Hip Band Resisted Flexion in Standing w/ Support - uninvolved	10
Hip Band Resisted Abduction in Standing w/ Support	10	Hip Band Resisted Abduction in Standing w/ Support - uninvolved	10
Hip Band Resisted Extension in Standing w/ Support	10	Hip Band Resisted Extension in Standing w/ Support - uninvolved	10
Lateral Step Up w/ Support	10	Forward Step Down w/ Support - involved	10
Single Leg Balance	2	Forward Step Down w/ Support - uninvolved	10
		SLS w/ Eyes Closed	2
		Standing Balance on Pillow	2

THA Post-Op Week 9 (1)		THA Post-Op Week 9 (2)	
Exercise	Reps	Exercise	Reps
Hip Band Resisted Flexion in Standing w/ Support - uninvolved	10	Single Leg Lateral Step Up w/ Support	10
Hip Band Resisted Abduction in Standing w/ Support - uninvolved	10	SLS with Right Band Resisted Hip ABD - uninvolved	10
Hip Band Resisted Extension in Standing w/ Support - uninvolved	10	SLS with Right Band Resisted Hip ABD - involved	10
Hip Band Resisted Flexion in Standing w/ Support - involved	10	Squat	10
Hip Band Resisted Abduction in Standing w/ Support - involved	10	SLS w/ Eyes Closed	2
Hip Band Resisted Extension in Standing w/ Support - involved	10	Single Leg Stance on Pillow	2

THA Post-Op Week 10 (1)		THA Post-Op Week 10 (2)	
Exercise	Reps	Exercise	Reps
Forward Step Down w/ Support - involved	10	Single Leg Lateral Step Up w/ Support	12
Forward Step Down w/ Support - uninvolved	10	SLS with Right Band Resisted Hip ABD - involved	12
Squat	10	Squat	12
SLS with Right Band Resisted Hip ABD - involved	10	Lateral Lunge Partial Depth	10
SLS w/ Eyes Closed	2	SLS on Pillow w/ Eyes Closed	2