



Sports Medicine • Joint Reconstruction • Hand Surgery • Spine Surgery

THA POST-OP REHAB PROTOCOL

PO Day 1

- Ankle pumps, quad sets, glut sets, heel slides, hip abduction exercises

PO Day 2-7

- Continue above exercises
- Transfer training
- Gait training with walker/crutches
- Standing hip ROM exercise (flexion, abduction, extension)

Week 2-4

- Ambulate with walker/crutches WBAT
- Focus on hip abductor strengthening
- Progress L/E closed chain activities

Week 4-8

- Ambulate with cane
- Continue L/E strengthening exercises
- Aquatic rehab
- D/C cane when ambulation is without pain or gait deviation

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