

Name _____

Date _____

Physician _____



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**Patient
Flow Sheet**

Total Hip Replacement – Anterior Approach

WBAT initially from surgery. No hip extension or ER for 4-6 weeks (surgeon specific), followed by no combined flexion/ER/Add. Long term goals and timeline will be modified by patient prior level of function.

Phase 1 – PROTECTED MOBILITY

Weeks 0-4 Isometric and isotonic leg strengthening
Knee and ankle ROM
Wean from assistive devices
Pool activities when incisions have healed
Initiate core program
Hip ROM within hip precautions

Phase 2 – STRENGTH

Weeks 5-6 Isotonic leg strengthening **if any specific exercise causes pt pain, proceed more slowly
Stationary bike for ROM
Balance and bridging progression
Stretching to Improve ROM
Hip mobilization to improve ROM
**Goals: 2x10 S/L hip Abd, symmetric gait*

Phase 3 – FUNCTIONAL MOBILITY

Weeks 7-12 Progress to full ROM
Resistive leg strengthening
Closed chain strengthening – squatting, bridging, step ups
Advance balance and proprioception activities
**Goals: TUG < 8seconds, Functional Reach > 10 inches, Safe sit to stand, reciprocating stair climb*

Weeks 12+ Return to gym activities, emphasizing low impact exercises
Return to sport activities as tolerated