

Name _____

Date _____

Physician _____



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**Patient
Flow Sheet**

Total Hip Replacement – Posterior Approach

WBAT initially from surgery. No hip flexion >90° for 4-6 weeks(surgeon specific), followed by no combined flexion/IR/Add. Long term goals and timeline will be modified by patient's 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 precautions

Phase 2 – STRENGTH

Weeks 5-6 Isotonic leg strengthening **if patient develops pain with any specific exercise, proceed more slowly
Stationary bike for ROM
Balance and proprioception progression
Stretching to Improve ROM (IR in prone, extension)
Flexion >90 after 4-6 weeks (surgeon specific)
Hip mobilization to improve ROM
**Goals: 2x10 S/L hip Abd, symmetric gait*

Phase 3 – FUNCTIONAL MOBILITY

Weeks 7-12 Progress to full ROM-avoiding combination flexion, IR, adduction
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