

ASHEESH GUPTA, MD, MPH

www.asheeshguptamd.com

www.novaorthospine.com

PHYSICAL THERAPY PROTOCOL TOTAL HIP REPLACEMENT

Please instruct patients on safe methods of ambulation, sitting, reaching, bathing and personal care.

Avoid and educate patient upon risky extreme positions for dislocation:

- Combined hip extension and external rotation
- Combined hip flexion and internal rotation

Week 0-6:

Walking Goals:

- 1 mile by 4-6 weeks
- 2 miles by 6-8 weeks

Weight bearing as tolerated

Assess need for appropriate assistive device for discharge

Active/Active assisted/Passive HIP ROM

Active and Active assisted KNEE ROM

Transfer training

Gait Training, slowly wean assisted devices as gait normalizes to avoid the development of a persistent limp

Stair training

Quad sets and short arc quads

Mini-squats

4-direction straight leg raises, begin upright and progress to horizontal as appropriate

Weeks 7-12

Progress gluteus, hip abductor/adductor, quadriceps, hamstring strengthening

Advanced gait training

Proprioceptive/Balance Training

Endurance exercises as appropriate: swimming, bicycle, elliptical

Dr Gupta will sign physical therapy prescriptions at office visits & return them to the patient

Please send therapy progress notes and renewal therapy prescription requests with the patient or by fax to the number below. Notes by fax must be sent 3 days prior to the patient's visit to internally process this request. We appreciate your cooperation in this matter.

NoVa Orthopedics and Spine Care
14605 Potomac Branch Drive, Suite 300
Woodbridge, VA 22191
P: (703) 490-1112 F: (703) 8788735