

Total Hip Replacement

Normally fully weight bearing on operated limb.

Analgesia PRN

DVT Prophylaxis

Mobilise as far as possible everyday.

Use stationary bike for 15-20min each day.

Day 1:

Ensure good static quads contraction

PROM flexion/abduction operated hip

Teach day 1 exercises:

- Static quads
- Static gluts
- Heel slides
- Hip abd
- Bridging
- Ankle pumps

Encourage patient to continue independently 3-4 times a day.

Mobilise with FASF FWB (unless specified in op note). Aim to mobilise to bathroom in AM, out to hall in PM.

Day 2:

Check day 1 exercises.

Teach day 2 exercises:

- Marching
- Mini squat
- Hip abduction
- Hip extension

Progress mobility to MPUF if safely mobilising with FASF in AM, increase mobility in PM.

Day 3:

Check exercises.

Progress to crutches x2 if possible, stair practice if applicable.

Day 4-10

Continue exercises

Continue with gait education,

Discharge if safe and independent.

Day 10 +

Continue exercises; once wound is healed begin a hydrotherapy based program.

Progress off mobility assist devices. Wean off analgesia.