

Hip Fracture Fixation Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Weight bearing as tolerated	None.	<ul style="list-style-type: none"> - Slowly progress ROM of hip (not more than 90 degrees of flexion) as pain allows. - ROM of knee and ankle unlimited 	<ul style="list-style-type: none"> - Transition from bed to standing - Transfer from bed to chair. - Practice standing (with walker) for 30 second intervals - Ambulate with physical therapy 3X per day - Ice Regularly - Ankle Pumps - Thigh and gluteal Squeezes as tolerated
Phase 2 2-6 weeks	Weight bearing as tolerated	None.	<ul style="list-style-type: none"> - Slowly progress ROM of hip (not more than 90 degrees of flexion) as pain allows. - ROM of knee and ankle unlimited 	<ul style="list-style-type: none"> - Progress transition from bed to standing - Progress Transfer from bed to chair. - Practice standing (with walker) for second intervals - Ambulate with physical therapy 3X per day for increasing distance/intervals
Phase 3 6-12 weeks	Continue to progress weight bearing.	None.	Progress ROM	<ul style="list-style-type: none"> - Progress Gentle strengthening - 4 Way hip or multi-angle leg kicks - Calf raises - Gentle hamstring curls - Minisquats
Phase 3 >12 weeks	Continue to progress weight bearing.	None.	Progress ROM	<ul style="list-style-type: none"> - Progress Gentle strengthening - 4 Way hip or multi-angle leg kicks - Calf raises - Gentle hamstring curls - Minisquats