

## Hip Hemiarthroplasty Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Weight bearing as tolerated	Abduction pillow when in bed	<ul style="list-style-type: none"> <li>- Slowly progress ROM of hip (not more than 90 degrees of flexion) as pain allows.</li> <li>- ROM of knee and ankle unlimited</li> <li>- <b>USE POSTERIOR HIP PRECAUTIONS: No hip flexion more than 90 degrees, no hip adduction (knee crossing across your body), and no internal rotation of the hip.</b></li> </ul>	<ul style="list-style-type: none"> <li>- Transition from bed to standing</li> <li>- Transfer from bed to chair.</li> <li>- Practice standing (with walker) for 30 second intervals</li> <li>- Ambulate with physical therapy 3X per day</li> <li>- Ice Regularly</li> <li>- Ankle Pumps</li> <li>- Thigh and gluteal Squeezes as tolerated</li> </ul>
<b>Phase 2</b> 2-6 weeks	Weight bearing as tolerated	Abduction pillow when in bed	<ul style="list-style-type: none"> <li>- Slowly progress ROM of hip (not more than 90 degrees of flexion) as pain allows.</li> <li>- ROM of knee and ankle unlimited</li> <li>- <b>USE POSTERIOR HIP PRECAUTIONS: No hip flexion more than 90 degrees, no hip adduction (knee crossing across your body), and no internal rotation of the hip.</b></li> </ul>	<ul style="list-style-type: none"> <li>- Progress transition from bed to standing</li> <li>- Progress Transfer from bed to chair.</li> <li>- Practice standing (with walker) for second intervals</li> <li>- Ambulate with physical therapy 3X per day for increasing distance/intervals</li> </ul>
<b>Phase 3</b> 6-12 weeks	Continue to progress weight bearing.	Abduction pillow when in bed	<ul style="list-style-type: none"> <li>- Progress ROM</li> <li>- <b>USE POSTERIOR HIP PRECAUTIONS: No hip flexion more than 90 degrees, no hip adduction (knee crossing across your body), and no internal rotation of the hip.</b></li> </ul>	<ul style="list-style-type: none"> <li>- Progress Gentle strengthening</li> <li>- 4 Way hip or multi-angle leg kicks</li> <li>- Calf raises</li> <li>- Gentle hamstring curls</li> <li>- Minisquats</li> </ul>
<b>Phase 3</b> >12 weeks	Continue to progress weight bearing.	None.	<ul style="list-style-type: none"> <li>- Progress ROM</li> <li>- <b>USE POSTERIOR HIP PRECAUTIONS: No hip flexion more than 90 degrees, no hip adduction (knee crossing across your body), and no internal rotation of the hip.</b></li> </ul>	<ul style="list-style-type: none"> <li>- Progress Gentle strengthening</li> <li>- 4 Way hip or multi-angle leg kicks</li> <li>- Calf raises</li> <li>- Gentle hamstring curls</li> <li>- Minisquats</li> </ul>

For first 3 months after surgery:  
**USE POSTERIOR HIP PRECAUTIONS: No hip flexion more than 90 degrees, no hip adduction (knee crossing across your body), and no internal rotation of the hip.**