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Total Hip Replacement (THA) Post Operative Protocol This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient. *** Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460.

Phase I: Immediate Post-operative to 2 weeks

- Average length of stay in hospital is 3 days
- Post discharge options include the following:
 - Discharge home with family and home health care assistance.
 - Nursing home/swing care bed for 7-10 days before going home.
- Generally a total hip patient receives formal physical therapy while in the hospital/rehab center as well for 2 weeks following discharge either at home or in out patient setting.
- Abduction strengthening exercises are the most important home exercises and must be reinforced with the patient. If the hip abductors are weak, the patient will have abnormal (Trendelenburg) gait pattern. The patient is to continue doing abduction strengthening exercises at home for no less than 6 weeks following surgery.
- Patients currently receive Lovenox daily a day for anticoagulation for 2 weeks following surgery.

Phase II: 2 weeks to 4 months

- First post-op visit with Physician's Assistant 10-14 days following surgery.
 - Wound Check and suture removal
 - Post-operative xrays.
 - Review overall postoperative plan and pain control.
- Patients generally use a walker or crutches for 3-4 weeks post-op followed by the use of a cane until 6 weeks post-op

- I ask patients to do the abduction strengthening so that the Trendelenburg gait disturbance is resolved by 6 weeks. Patients must use a cane until the abduction strength has returned and the gait pattern is normal.
- 6 weeks following total hip replacement, most patients feel as though they are about 75 percent improved, and I generally allow them to travel.
- Routine post-op visits are generally at 2 weeks, 6 weeks and 3 months.
- Patients are welcome to come in before 4 months for specific complications, problems, or questions, but the second routine visit is at 4 months post-op.