

UNCEMENTED TOTAL HIP REPLACEMENT

DAY 0 - DAY 5

As soon as the anesthesia effect wean off we should try to incorporate exercises at earliest

- ✓ Ankle toe movement
- ✓ Static Glutei, Quads, Hams
- ✓ Gentle Heel Slides
- ✓ Assisted abduction supine lying from 30° of abduction
- ✓ Legs to be maintained in 30° of abduction by keeping a triangular pillow in between.
- ✓ Dynamic quads in high sitting with reclining backward thus maintain the pelvic femoral angle more than 90°
- ✓ Walker aided ambulation, toe touch/Nil weight bearing. (As advised by the surgeon)

WEEK 1 - WEEK 3

- ✓ Static Glutei, Quads and Hams
- ✓ Knee bending (upto 90°)
- ✓ Heel slides
- ✓ Previous exercises continued
- ✓ VMO strengthening exercises
- ✓ Raised toilet seat of 17 inches or more for activities
- ✓ Walker aided ambulation, toe touch/Nil weight bearing. (As advised by the surgeon)

WEEK 3 - WEEK 6

- ✓ Progress from toe Touch/Nil weight bearing to partial weight bearing from 3 to 6 weeks
- ✓ Knee bending beyond 90°, in supine.
- ✓ Can take turns with pillow in between to avoid adduction
- ✓ Continue with previous exercises
- ✓ VMO strengthening exercises
- ✓ Gradually decrease the height of toilet seat to normal at the end of 6 weeks

WEEK 6 - WEEK 8

- ✓ Sitting allowed on normal chair not below 12 inches
- ✓ Continue walking with walker Increase 25% body weight every week
- ✓ Sit to stand with gradual decrease in height along with stretching of gastrocnemius and soleus
- ✓ VMO strengthening exercises

WEEK 8 - WEEK 12

- ✓ Continue exercises as advised in previous phases
- ✓ Progression of ambulation with walker aided Full weight bearing for 10 weeks
- ✓ followed by stick aided ambulation for next two weeks with emphasis on proper gait pattern
- ✓ Emphasis on enhancement of eccentric contraction and eccentric control of knee
- ✓ Stair climbing started
- ✓ Proprioceptive and Balance Training and Exercises and its progressions

WEEK 12 - WEEK 16

- ✓ Continue exercises as advised in previous phases
- ✓ Progression of ambulation on uneven surface and stairs (both ascend and descend)
- ✓ Encourage simulated walking along with Treadmill walking for proper and efficient gait pattern
- ✓ Return to normal activity of daily living

