



TOTAL HIP ARTHROPLASTY (THA) REHABILITATION GUIDELINES				
Time Period	Weight-bearing	Range of Motion And Pain goals	Permitted Exercises	Other
Phase 1 (weeks 0-2)	WBAT Walk with appropriate assistive device 5-10 min 3-5 x per day	<5/10 pain Decreased edema Gentle ROM as tolerated	ONLY Twice a day: Ankle Pumps Quad and Gluteal Sets Heel Slides Supine hip abduction	Progress when able to complete 2x10 reps w/o fatigue Consider safety and fall risk needs Hip precautions if ordered
Phase 2 (weeks 2-6)	WBAT Assistive device until able to walk without a limp	<4/10 pain Exercise bike 5-10 min, no resistance (seat height elevated)	Bridge Clam Shells Sidelying hip abduction SAQ & LAQ Sit to Stand Calf raise Standing hamstring curls Stand hip Ext, Abd, Add Multidirectional stepping Gait Training	Complete 2x10 reps w/o fatigue Progress double limb balance to single limb Hip precautions if ordered
Phase 3 (weeks 6-12)	Assistive device until able to walk without a limp	<3/10 pain Exercise bike as tolerated	*Seated SL Knee Extension *Seated SL Hamstring *SL Leg Press *SL Calf Press *Stand hip Ext, Flex, Abd, Add Step ups/downs Forward lunge SL Standing progression Tilt board Squats Wall squats to 60°	Complete 2x10 reps w/o fatigue Walking program or cardiovascular fitness
Phase 4 (weeks 12+)		< 2/10 pain	*Seated SL knee extension (eccentric or concentric) *Seated SL knee flexion (eccentric) *SL press (eccentric) *SL Calf Press (eccentric) *Stand Hip Ext, Flex, Abd, Add Step up, downs, side Multi-directional Lunge Balance training Wall squats to 90° Sport Cord walking	Meets Discharge goals with normalized gait Progress to independent exercise program Encourage healthy lifestyle and regular exercise indefinitely

DO NOT add any resistive exercise such as ankle weights, resistive bands, cable columns, or machine until 6 wks

PT – encourage ice and NSAIDS (per MD x 6-12 weeks) daily after exercises and prior to bed to reduce narcotic intake. Consider compression shorts for swelling and pain management. Please respect irritability of joint. PT sessions should not require narcotics.