

TOTAL HIP ARTHROPLASTY REHABILITATION GUIDANCE

The enclosed information is an example of a structured plan and should not be replaced as medical advice or carried out without a trained individual's guidance.

Bodylogics can take no responsibility for those who decide to take this as medical advice without first undertaking a thorough assessment to evaluate your individual needs.

For more information on our Total Hip Arthroplasty rehabilitation programme then please feel free to contact us to discuss how we may be able to assist you in your recovery.

BODYLOGICS
Health and Fitness Clinic

To find out more and for more
information:

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MOVE | RESTORE | REVIVE

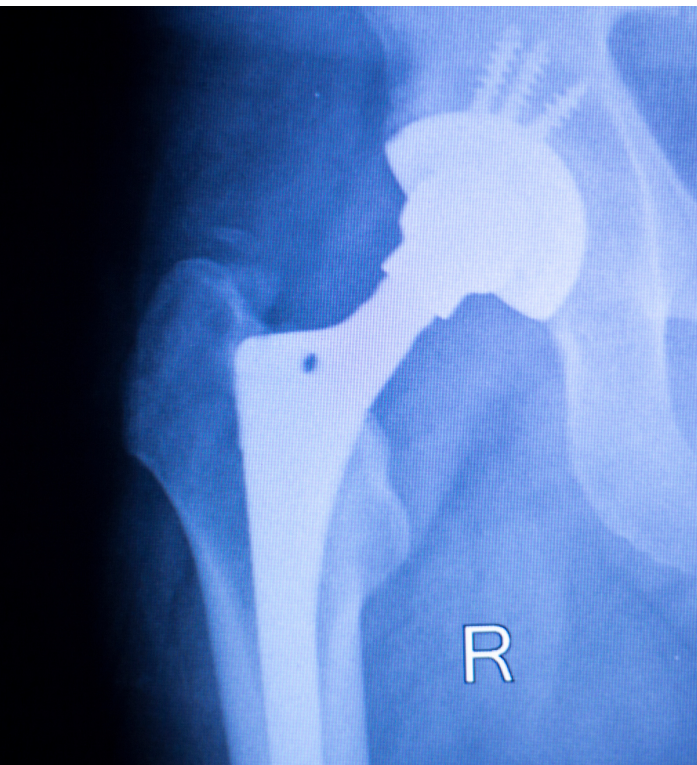


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TOTAL HIP ARTHROPLASTY REHABILITATION PROTOCOL

Providing the highest
quality care alongside the latest
research

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STAGE 1

WEEK 1 - POST OPERATION PHASE

- Control pain and swelling.
- Protect healing tissue.
- Begin to restore range of motion (ROM).
- Establish lower extremity muscle activation.
- Restore independent functional mobility.
- Educate on dislocation precautions in line with surgeons advice.

STAGE 2

WEEKS 2-6 - MOBILITY PHASE

- Begin to restore muscle strength throughout the operated leg.
- Initiate proprioceptive training
- Initiate endurance training
- Normalize all functional mobility
- Demonstrate normal gait pattern with goal to wean all assistive devices at the end of this phase (if permitted by surgeon)



STAGE 3

WEEKS 7 - 12 - STRENGTHEN PHASE

- Restore normal lower extremity strength.
- Return to baseline functional activities.

STAGE 4

WEEKS 13 - 24 ADVANCED PHASE

- Continue to improve strength to maximize functional outcomes
- Build return to appropriate sports/ recreational activities (i.e. golf, doubles tennis, cycling, hiking)

