



**REHABILITATION GUIDELINES FOR
TOTAL HIP ARTHROPLASTY**

*Mepilex Dressing stays in place for 7 days. Prineo may be removed after 3 weeks.
Limit aggressive hip flexion for 6 weeks*

Appointments	<ul style="list-style-type: none"> Physical therapy 2-3X/week
Rehabilitation Goals	<ul style="list-style-type: none"> Control pain and swelling immediately post-op Restore functional independence Protection of postsurgical hip and incision Independent movement with assistive device as appropriate
Precautions	<ul style="list-style-type: none"> WBAT with assistive device initially No aggressive hip flexion Avoid long axis leg distraction
Therapeutic exercises	<ul style="list-style-type: none"> ROM in all planes, avoiding painful end range extension Progress from NWB to WB exercise as appropriate for patient skill level and goals Progress program per PT discretion