

## **Hip Hemiarthroplasty Rehab Protocol**

### **Dr. Nielsen**

#### **0-6 weeks**

- Hip abduction pillow when in bed
- Walking as much as possible is encouraged
- Posterior hip precautions lifetime
  - Avoid internal rotation, adduction, or flexion beyond 90 degrees
- NO therapy targeted at hip for ROM or strengthening
  - May work on balance, gait, core strength

#### **6-12 weeks**

- Discontinue hip abduction pillow
- Walking as much as possible is encouraged
- Posterior hip precautions lifetime
- NO therapy targeted at hip for ROM or strengthening
  - May work on balance, gait, core strength

#### **12+ Weeks**

- Posterior hip precautions lifetime
- May do hip abductor strengthening if desired
  - Hip ROM exercises are never recommended