

Hip Nail Rehab Protocol

Dr. Nielsen

0-6 weeks

- Weight-bearing is as tolerated
 - This is meant to allow weight-bearing for transfers and ADLs
 - Do not force through significant pain to walk longer distances
 - Allow the patient to self-limit as long as painful during activity
- NO therapy targeted at hip for ROM or strengthening
 - May work on balance, gait, core strength
 - Knee, ankle, foot ROM encouraged

6-12 weeks

- Encourage more walking as pain improves
- NO therapy targeted at hip for ROM or strengthening
 - May work on balance, gait, core strength
 - Knee, ankle, foot ROM encouraged

12+ Weeks

- May do hip abductor strengthening if complaints of weakness but minimal pain