



## Total Hip Arthroplasty

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### PHASE I (0-4 WEEKS POST OP):

Precautions: Avoid hip flexion past 90° for 6 weeks

- Walker for safety and progress to cane
- Gluteal sets
- Quad sets
- Hamstring sets
- Ankle pumps/circles
- Adduction pillow squeeze
- Short arc quads
- Bent leg raise
- Straight leg raise

### PHASE II (4+ WEEKS):

- Bridges
- Sidelying abduction
- Mini squats
- Standing hamstring curls
- Standing hip extension
- Standing hip flexion
- Standing hip abduction
- Resisted hip flexion, extension, abduction (standing with tubing)

