

# aTHA Phase 1 RE-hab 0-6 weeks

The primary goal early after aTHA is simply walking without a limp by about 6 weeks. We don't require any "physical therapy" per se (though this is an option for patients that wish to participate). Instead, we encourage people to simply start walking.

- Begin walking with an assistive device in and around the house.
- As this becomes easier, start walking around outside on paved surfaces.
- Stop using the assistive device once you no longer feel it is necessary (average 2-3 weeks post-surgery). Continue to use for longer distances as needed.
- Begin walking up hills or inclines once flat walking is "limp free."

The following 10 exercises can be started immediately after surgery. Most patients find that moving is the most effective pain management! NOTE: while there are no "restrictions" on weightbearing or motion, we try to avoid active straight leg raises and recruitment of the hip flexors for 6 weeks, and NO SWIMMING until that wound is healed!



Seated knee extensions



Ankle pumps



Quad sets



Heel slides, active-assisted range of motion

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Hamstring sets



Pelvic tilt



Glut sets



Log rolling



Prone on elbows



Prone knee flexion

# aTHA Phase 1 RE-hab 0-6 weeks: Intermediate Changes

Many aTHA patients regain enough strength to return to advanced activities before the 6 week follow-up appointment. If you feel that you are ready to return to the gym, you probably are. Go slow, take it easy, and gradually move into your routine.

- Call and make an appointment with NHI PT at any time you feel more structured therapy may help you return to function quicker.
- Deep tissue mobilization of the anterior hip muscles is often beneficial around week 4 and can be part of a structured outpatient program.
- If you feel that you are walking well without pain or a limp, the following additional activities are often started after 3-4 weeks

- ✓ Stationary bicycle: start with no resistance and gradually increase
- ✓ Elliptical trainer: start with no resistance and gradually increase
- ✓ Treadmill: Begin walking and then walking on incline. Increase to jogging only after absolutely pain free and without limp.
- ✓ Resistance exercises including leg presses, mini squats, and knee extension with weights can be resumed when pain free ambulation has occurred
- ✓ Core abdominal training and upper body exercises can be resumed at any time.

Remember, limit straight leg raises and deep flexion activities! Anterior hip muscle stretching is preferred to strengthening before week 6.