DR. KAISEN YAO, MD

ORTHOPEDIC SPORTS MEDICINE SURGEON

Post-Operative Physical Therapy Protocol

Total Hip Replacement

Northwell Health • Department of Orthopedic Surgery & Sports Medicine • Dr. Kaisen Yao, MD

Patient Name	Date of Surgery	Prescribing Surgeon
		Dr. Kaisen Yao, MD

General Guidelines & Precautions

- Weight bearing as tolerated is typically encouraged immediately after surgery, progressing from a walker to a cane and off assistive devices as strength and confidence allow.
- Follow the hip precautions specific to your surgical approach (anterior or posterior) as instructed by your surgical team.
- Prioritize swelling and pain control with ice and elevation.
- Contact the surgeon for fever, calf pain, excessive drainage, uncontrolled pain, or rapidly increasing swelling.

PHASE I

Immediate Post-Op & Mobilization

TIMEFRAME

WEEKS 0–2

Goals:
Control pain and swelling, become independent with a walker, and begin restoring hip range of motion and activation within precautions.

Interventions:
Cryotherapy, ankle pumps, gentle hip and knee range of motion within approach-specific precautions, glute and quad sets, and gait training.

Precautions:
Follow approach-specific hip precautions (for example, avoiding combined flexion, adduction, and internal rotation after a posterior approach, or extremes of extension and external rotation after an anterior approach) as instructed.

Criteria to Progress:
Independent and safe ambulation with a walker, improving hip motion, and controlled pain.

PHASE II

Strengthening & Gait Normalization

TIMEFRAME

WEEKS 2–6

Goals:
Progress to a cane and then off an assistive device as balance and strength allow, and normalize gait.

Interventions:
Progressive hip and core strengthening within precautions, stationary bike, balance and proprioception drills, and stair training.

Activity:
Increase community distance walking and daily activities as tolerated.

Criteria to Progress:
Gait without an assistive device on level surfaces, minimal pain, and improving strength.

PHASE III

Advanced Strengthening & Function

TIMEFRAME

WEEKS 6–12

Goals:
Maximize strength, endurance, and independence with all functional and community activities.

Interventions:
Progressive hip and lower-extremity strengthening, single-leg balance work, elliptical, and low-impact conditioning.

Functional Focus:
Emphasize symmetrical mechanics with stairs, uneven surfaces, and prolonged standing or walking.

Discharge Criteria:
Independent, safe ambulation on all surfaces, functional range of motion for daily activities, and strength sufficient for the patient's individual goals.

This protocol is a general guideline. Hip precautions and progression should be individualized by the treating physical therapist in coordination with Dr. Yao's office based on surgical approach and implant stability.