

Total Hip Arthroplasty (Direct Anterior Approach) Rehabilitation Protocol

LAURA MATSEN KO, MD

Adult Reconstruction Surgeon
OPA Orthopedics
Seattle, WA

Precautions: None

Treatment Plan: Evaluate and Treat, progress as tolerated

Recommended Treatment:

- Gait Training
- Endurance
- Stabilization and Balance
- Fall Prevention
- Strengthening
- Modalities PRN
- Home Exercise Program

Frequency: 2 times per week for 6 Weeks (12 Total Visits)