

## Total Hip Arthroplasty (Posterior Approach) **Rehabilitation Protocol**

## LAURA MATSEN KO, MD

Adult Reconstruction Surgeon **OPA** Orthopedics Seattle, WA

Precautions:	Posterior Hip Precautions
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)



Swedish Orthopedic Institute 601 Broadway, 6th Floor Seattle, WA 98122 206.386.2600 • 800.262.3435 206.694.6665 Fax 206.622.1644

MRI Suite 900 Terry Avenue, #100 Seattle, WA 98104