



Anterior Hip Arthroplasty Rehabilitation Protocol

Weight Bearing

WBAT with assist device

ROM

Week 1 & 2

Flexion to 90, ER to 10, Abd to 25

Avoid extreme hip extension combined with external rotation first month

Weeks 3+

Advance as tolerated

Exercises

Initial (Week 1-4)

Stationary bike no/min resistance

Heel slides

Piriformis stretch

Hip Abduction isometrics

Uninvolved knee to chest

Intermediate (Week 5-8)

Wall sits with abductor band

Stationary bike with resistance

Involved knee to chest

Seated resisted IR/ER

Leg press/shuttle

Two-leg bridging, single-leg bridging

Elliptical, stairclimber

Advanced (Week 8-12)

Lunges

Plyometrics

Core ball stabilization progression

Forward/backward/sideways walking with cord

Hobby-Specific Training (Week 12+)

Functional testing