

Hip Hemiarthroplasty

Name: _____

DOB: _____

Dr: Cinque

DOS: _____

ROM RESTRICTIONS

Posterior Hip Precautions x6weeks (avoid combination IR and adduction and flexion >90)

Weight Bearing status

FWB as tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13-18+	19-24+	25-28+
PROM – Circumduction, log roll, side lying flex, abduction, bike										
Isometrics – quad, TA, glute										
Cat & camel / Quad rocking										
Standing TKE										
Abduction supine / standing										
Reverse Clams / Clam to neutral										
Supine hip flexion on ball										
Quadruped hip extension										
Side lying glute max/med holds										
Weight shift										
Hip thruster										
FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10										
Muscular Endurance 3 x 15, 45s rest							7-12+			
Side lying deep rotators										
Squat series										
Lateral band walk										
Hip hikers										
3 way hip glider										
Plank series										
Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm										
Muscular Strength 3 x 10 120s rest								13-18+		
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm										
Muscular Power 3 x 6, 180s rest									19-24+	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
Triple hop for distance >90%										
Running, Speed & Agility										25-28+
Running progression										
Ladder footwork drills										
Forward & backward cone drills										
Lateral cone drills										
High Level Activities										25-28+
Golf, outdoor biking										