



### **Dr. Christensen Anterior Total Hip Arthroplasty (Replacement) Rehabilitation Protocol**

- Adhere to all weight bearing restrictions. Use a scale daily to help familiarize what the weight bearing restriction feels like. (Example: 25lb weight bearing restriction on affected extremity)
- Strictly use the walker for 2 weeks to decrease the risk of post-operative femur fracture unless instructed to use for 6 weeks by physician.
- Elevate the affected knee and the entire lower extremity on 2 or 3 pillows at night for the first 6-8 weeks after surgery in order to help combat swelling.
- May shower on the 3rd day after surgery. Use *Glad Brand Press & Seal* for showering. Incision area must remain completely dry for 14 days. After 14 days, it is ok to shower with incision uncovered. Do not scrub incision area, just allow soap and water to go over incision. No baths, pools, or hot tubs until incision well healed around 4 weeks post-op.
- The current dressing may be removed on the 7th day after surgery and remain uncovered if incision is completely dry.
- May progress from a walker, to crutches, to a cane, to no support at the discretion of the physical therapist after 2 weeks. Do not progress to the next level until you are walking without a limp at the previous level.
- Take your bleeding thinning medication as directed by Dr. Christensen.
- Prescribed post-operative narcotic medication should be weaned as tolerated beginning 72 hours after surgery. Discontinue the 12 hour medications first. Try to be off all narcotics by 14 days after surgery if able.
- Bilateral TED hose are to be worn at all times for DVT prophylaxis for 6 weeks. An hour break for hygiene purposes is ok daily but should be put back on immediately.

Any questions please, call Dr. Christensen's office at 859-263-5140