



Hip ORIF

Post-Operative Rehabilitation Protocol

0-3 week

- Walking at home for about 5 minutes every hour
- Bike for approximately 10 minutes
- Quad sets
- Glute sets
- Heel slides
- Supine hip abduction progress to side lying.
- Short arc quad
- Modified bridges
- Clamshells
- Large arc quad
- Calf raises.
- Heel raises.
- HS curls
- Mini squats
- Step ups—only if patient is pain free with weight bearing.

4-6 weeks

Continue with above and add the following:

- Progress ambulation from straight cane to no assistive device when patient can walk without a Tredelenburg gait/limp.
- Side lying abduction.
- Marching
- Standing 4-way hip with theraband resistance
- Forward step ups – increase step height.
- Lateral step ups – increase step height.
- Single leg stance
- Wall sits.
- Sit to stand without UE assistance.
- Single knee to chest (at 6 weeks post-op)

7-12 weeks

- Increase leg raise weight up to 5#
- Sidestepping with theraband resistance
- Walking program – start with ¼ mile and gradually increase.
- Upper body weight machines.
- For cardiovascular fitness – elliptical, walking outside or on a track, aquatic exercise, cycle. NO treadmill walking due to compression on the new joint.

**Weight
Bearing Status**

WBAT

Brace Settings

No brace required
following surgery.



12+ weeks

- Begin using lower extremity weight machines.
- Recommended activities – elliptical, cycle, walking, aquatic exercise, low impact aerobics, yoga, Tai Chi, Theraball exercises
- NOT recommended – running/jogging, high impact aerobics, jumping rope or plyometrics