

This guidance does not override the individual responsibility of health professionals to make appropriate decision according to the circumstances of the individual patient in consultation with the patient and /or carer. Health care professionals must be prepared to justify any deviation from this guidance.

**Post-operative Physiotherapy Pathway
Total Hip Replacement**

Owner:	Benjamin Thomas Physiotherapy and Orthotics Manager
Approved by	Therapies Clinical Governance Group
Approval Date	11 th October 2022
Review Date	11 th October 2025 This is the most current document and should be used until a revised version is in place

Key Amendments

Date	Amendments	Approved by:
25 th January 2023	Document extended to 30 th June 2023 whilst under review.	Dr J Trevelyan/ Benjamin Thomas
14 th March 2023	Document updated with EAPP- approved October 2022	Therapies Clinical Governance Group

Total Hip Replacement

Pre-Op: Patients should have received pre-operative information via online group/pre-op assessment appointment

- Explain post-op regime and issue booklet
- General advice
- Explain exercises

Day 0 – all patients to be assessed in line with Enhanced Recovery Programme guidelines to see if appropriate to be mobilised Day 0.

- Ensure patient has hip information booklet.
- Physio assessment – assess sensation, foot and ankle control.
- Assess static quads.
- Maintenance exercises- circulatory exercises, chest check.
- Start active flexion, abduction, inner range quads, static quads and static glutes.
- Sit out with frame and 2 (if medically fit). Check sensation if nerve block or epidural.
- Mobilise with frame FWB.
- Assess leg length – refer to Orthotist if significant difference, discuss with Consultant.
- Transfer onto 2 sticks/crutches as able when safe and independent on frame.
- Transfer practice.
- Stairs/step assessment.
- Standing exercises – provide advanced hip exercise booklet.
- Discharge home if able.

Day 1 onwards:

- As per Day 0.

Discharge Criteria

- Independently mobile on sticks or crutches (or baseline walking aid).
- Independent transfers.
- Safe on stairs.

PHYSIOTHERAPY PATHWAY WAHT-TP-011

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- Refer to OT if there are any concerns with activities of daily living.
- Send referral for out-patient hip group for one off check/progression, or arrange 1:1 out-patient physio if indicated

These criteria for discharge may be over ruled by Consultant decision only.