



212 East Central Ave., Suite 365  
Spokane, Washington 99208

**Phone: (509) 435-0973**

**Fax: (509) 435-0978**

**AlpineOrthoSpine.com**

**REHABILITATION GUIDELINES FOR TOTAL HIP REPLACEMENT (DIRECT LATERAL APPROACH)**

**DO NOT:**

- 1) Cross your legs when lying or sitting.
- 2) Pivot on your operated leg when turning (in standing), take small steps instead.
- 3) Sleep on your operated side for 6-8 weeks to avoid irritation to your hip.
- 4) Rotate your operated leg outward.
- 5) Place the foot of your operated side on your opposite knee.
- 6) Actively move your operated leg out away from your body for 6 weeks until your hip muscles are healed.
- 7) Avoid sitting more than 30 minutes

**DO:**

- 1) Keep a pillow between your knees when lying on your non-operated side or on your back.
- 2) Use a walker or cane during the time when you need to limit weight on your operated leg.
- 3) Allow yourself to bend forward at your waist, as long as your legs are apart. (This may be different from people you know who have had a different type of hip replacement surgery).
- 4) Perform your home exercise program as instructed.

5) Physical therapy exercises for direct lateral approach total hip replacement:

LYING ON YOUR BACK:

ANKLE EXERCISES

THIGH SQUEEZE

HEEL SLIDES  
KNEE EXTENSION  
STRAIGHT LEG RAISE  
SINGLE KNEE TO CHEST STRETCH  
CURL UPS  
LATERAL HEEL SLIDES

LYING ON YOUR STOMACH:

KNEE BENDS  
LEG LIFTS

STANDING:

HIP ABDUCTION EXERCISES

6) Walk each day 4-6 times. Use a crutch or walker to stabilize yourself as necessary

7) Stationary Bicycling with the seat elevated

8) Occupational therapy for ADLs.