



Name:

DOB:

therapy location:

Pre-Operative THA Visit

- Direct Anterior approach THA. Educate in precautions of avoiding hyperextension and extension with rotation.
- Educate in assistive device. Typically a front wheeled walker for a typical THA who is WBAT. Crutches or a standard walker may also be appropriate, depending on the patient. Instruct in fit of assistive devices so that if the device is from a loan closet or borrowed from a friend, it is the appropriate size and height for the patient.
- Educate in ambulation with assistive device. Emphasis on heel-toe gait pattern and proper sequence with assistive device. Discuss entering/exiting home and instruct in stairs. Practice stairs with proper sequence.
- Educate in tub/shower transfer without breaking hip precautions. What does the patient have for set-up at home (walk-in shower or tub/shower combo) and will the patient need a tub/shower bench. Remember the Direct Anterior THA precautions with stepping into a tub. A hand-held shower may be helpful for use with a tub/shower bench.
- Discuss lower body dressing, use of sock aid and reacher.
- Educate in car transfer. What type of vehicle will patient be using to get home from the hospital? Will they be able to step up into vehicle or need a step?
- Prepare for post-operative course. Patient should have a plan in place for transportation to/from therapy and blood draws. Therapy starts within 5-7 days of surgery
- Exercises: ankle pumps, quad sets, glute sets, heel slides, SAQ, LAQ, Abd/Add slides.