

ADAM J. CIEN, DO

Orthopaedic & Joint Replacement Surgeon

Instructions for Postoperative Physical Therapy After Total Joint Replacement

- If you select an outpatient physical therapist outside of Ascendant Orthopedic Alliance, you will need to provide them a copy of your physical therapy order with Dr. Cien's protocol. For your convenience, outpatient physical therapy is available to you at both our South Bend and Mishawaka locations. Please call to schedule your postop physical therapy appointments.

South Bend location 53880 Carmichael Drive Phone: 574-247-1572
Mishawaka location 60160 Bodnar Boulevard Phone: 574-247-2790

- Check with your insurance company PRIOR to your first visit:
 - Do they require authorization?
 - Does the facility you have chosen participate with your insurance(s)?
 - Are you required to pay a copay or deductible?
- Call and arrange therapy to begin after surgery. We recommend starting outpatient therapy 4-7 days after surgery. If this falls on a weekend, then start on the following Monday.
- Therapy should be scheduled three (3) times a week for four (4) weeks.
- Take the **REFERRAL ORDER** (for physical therapy) and Dr. Cien's **PROTOCOL** to your first appointment.
- Please call our office at (574) 247-9441 with any questions or concerns.



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**PHYSICAL THERAPY
PROTOCOL**

**POSTOP TOTAL HIP REPLACEMENT –
POSTERIOR APPROACH**

FREQUENCY AND DURATION: 3 times a week for 4 weeks.

Instruct patient in home exercise program and monitor patient's understanding of this program by their ability to reach the following goals:

1. Hip dislocation precautions for a posterior surgical approach.
2. Gait Training.
3. Abductor strengthening with supervised resistance exercise for the gluteus medius.
4. Gentle AROM/AAROM of the surgical hip with the above precautions. Do not exceed hip flexion $>90^\circ$, IR $>15^\circ$, ER $>25^\circ$, and adduction $>15^\circ$ until 6 weeks post operatively.

Thank you also for checking that the patient has no problems with transfers (including in and out of a car), and walking on level ground and stairs, and masters their walker/crutch use well. The patient has the following weight bearing status: FWB, PWB, Toe touch only (assume FWB unless marked differently).

It is not my intent to rush this individual off a walker or crutches in the first 6 weeks. On the other hand, if patient has confidently and consistently accomplished the above goals and can walk with a cane in contra-lateral hand without a limp, ok to issue a cane and instruct in proper utilization.

Please provide office with the following feedback:

1. A progress report following the prescribed PT listed above.
2. Call, FAX, or E-mail us if patient is not making significant progress toward stated goals.
3. Report any other concerns you have with a patient's surgical site or failure to grasp or follow through with home instruction program.

Please discharge the patient before the above prescribed period if all the above goals are accomplished.

Thank you,

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