

## Post-op protocol

### First 2 weeks

- Weight bearing:
  - Flat foot weight bearing (FFWB) of 50% body weight for 2 weeks
    - After 2 weeks, weight bearing as tolerated.
- No active abduction and external rotation.
- No hip flexion past 90°
- Perform ankle pumps, quad sets, glute sets, core exercises, hamstring sets, hip isometrics (except abduction and external rotation), unrestricted passive and active ROM (except active abduction and external rotation).
- No single leg stance for 2 weeks.
- After 2 weeks, increase strengthening and gait training.
  - Avoid the following exercises:
    - Clam shells
    - Reverse clam shells
    - Side planks
- No pool therapy until incisions have healed.

After 2 weeks patient can progress to all activities as tolerated.

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