



## **Rapid Recovery Program**

**A rapid progressive, yet simple rehab program is made possible by minimally invasive surgery, low blood loss in surgery, good pain management and a stable implant that is unlikely to dislocate. However, some patients with weak bone conditions require a modified slowed-down version of this program.**

### **Rapid recovery program:**

- 1. Physical Therapy the day of surgery**
- 2. Physical Therapy twice on POD # 1 & 2**
- 3. Discharge POD # 1 for in state patients and POD # 2 for out of state patients**
- 4. Crutches for one week**
- 5. Begin a walking program, gradually progress to 1 mile every day**
- 6. Progress to a cane at day 7**
- 7. Use a cane for 14 to 21 days**
- 8. Continue to progress walking program without cane as hip feels strong**

### **Modified recovery program:**

- 1. 10% weightbearing on operative leg with crutches for six weeks.**
- 2. Cane for four weeks thereafter**
- 3. No foot-over-foot stair climbing until off the cane 2.5 months postoperatively.**