



ORTHOPEDIC SURGERY

Philip A. Deffer, MD
Jason C. Hough, DO
John A. Leupold, MD
Christopher J. Rierson, DO
Seth W. Harrer, MD
Andrew G. Pick, DO

PODIATRY

Timothy D. Blankers, DPM
Jesse R. Wolfe, DPM

CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
Phone: 712-262-7511
800-248-4049
Fax: 712-262-3658

1525 West 5th St., Pod C
Storm Lake, IA 50588
Phone: 712-213-8050
Fax: 712-213-8015

2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
Fax: 712-336-8115

www.nwiabone.com

THA POST-OP REHAB PROTOCOL

PO Day 1

- Ankle pumps, quad sets, glut sets, heel slides, hip abduction exercises

PO Day 2-7

- Continue above exercises
- Transfer training
- Gait training with walker/crutches
- Standing hip ROM exercise (flexion, abduction, extension)

Week 2-4

- Ambulate with walker/crutches WBAT
- Focus on hip abductor strengthening
- Progress L/E closed chain activities

Week 4-8

- Ambulate with cane
- Continue L/E strengthening exercises
- Aquatic rehab
- D/C cane when ambulation is without pain or gait deviation

EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.