

Hip/Femur Fracture

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Initial rehab will depend on the severity and location of the fracture. The physician will determine patient's weight bearing status and progress the patient as appropriate. Some patients will be progressed through each phase at a more accelerated rate, depending on the physiology of healing, as directed by the physician.

Phase I: 0 – 6 weeks

Goals for Phase I:

1. Pain and swelling control
 2. Normal ROM of non-involved joints
 3. Safe, functional gait with or without crutches (physician directed)
- A. Gait training: Weight-bearing to be determined by the physician. If WBAT, patient should be progressed from WBAT with crutches to FWB without crutches
 - B. ROM: Work to restore normal ROM of non-involved joints.
 - C. Strengthening: Begin with isometrics and open kinetic chain activities, progress to weight-bearing activities when released by the physician
 - D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
 - E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase II: 7-10 weeks

Goals for Phase II

1. Functional ROM
 2. Functional strength
 3. Normal gait
 4. Normal ADL's (transfers, housecleaning etc.)
 5. Return to work activities
- A. Gait-training: If patient has been NWB, begin progressive weight-bearing when released by the physician, patient should be progressed from WBAT with crutches to FWB without crutches
 - B. Strengthening: More aggressive PRE's, weights, thera-band, single leg stance activities etc.
 - C. Balance/Proprioception: Single leg stance activities, balance beam, BAPs board etc.
 - D. Functional activities: Begin work and/or sports simulation activities as tolerated
 - E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase III: 11-14 weeks

Goals for Phase III:

1. Good strength
 2. Return to sports activities
- A. Strengthening: Progress strengthening activities as tolerated.
 - B. Conditioning: (12 wks... Bike, jogging, etc.)
 - C. Functional activities: (12 wks... Sports/work activities as tolerated, single leg hopping, cariocas, triple jump, zig-zags, sports specific drills, crawling, ladder climb.)

Phase IV: 15 weeks to release

Goals for Phase IV:

1. Normal strength
 2. Return to work/sports
- A. Continue strengthening/conditioning/functional activities as needed