

# Creating Outcome-Focused Protocols for Post-Hip Replacement Rehab

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**ABSTRACT—** Optimizing rehabilitation outcomes following total hip replacement (THR) requires outcome-focused, individualized protocols that balance early mobilization with tissue protection. This manuscript presents a structured framework for post-THR rehabilitation rooted in functional goals, evidence-based progression criteria, and patient-centered outcome measures. A Delphi process with 25 orthopedic surgeons, physical therapists, and rehabilitation scientists yielded consensus on key milestones—gait normalization, strength restoration, balance retraining, and activities of daily living (ADL) independence—mapped to specific intervention phases. Systematic review of randomized trials and cohort studies (n=30) informed exercise selection, dosing parameters, and progression thresholds. Early phases emphasize pain management, range-of-motion (ROM) preservation, and protected weight bearing; intermediate phases integrate targeted strengthening of hip abductors and extensors with closed-kinetic-chain exercises; advanced phases focus on power training, proprioceptive challenges, and return-to-sport or work simulations. Outcome measures include validated instruments such as the Hip disability and Osteoarthritis Outcome Score (HOOS), Timed Up and Go (TUG), and isometric strength testing. Preliminary implementation in a pilot cohort of 40 patients demonstrated high adherence (>90%) and achievement of 80% of phase-specific goals by 12 weeks. This outcome-focused protocol provides a

replicable model for enhancing functional recovery while accommodating individual variability.

## KEYWORDS

total hip replacement, rehabilitation protocol, outcome-focused, Delphi consensus, exercise progression, gait normalization, strength restoration, balance retraining, patient-centered outcomes, functional milestones

## INTRODUCTION

Total hip replacement (THR) is among the most successful orthopedic procedures, offering substantial pain relief and restoration of mobility in patients with end-stage hip osteoarthritis and other degenerative conditions. However, postoperative functional outcomes vary widely, influenced by factors such as preoperative conditioning, surgical approach, implant design, and rehabilitation strategies. Traditional rehabilitation models often follow time-based progression schedules—advancing exercises at set postoperative intervals—without explicit linkage to patient performance or functional milestones. This approach can overlook individual variability in healing rates, pain thresholds, and psychosocial readiness, potentially leading to suboptimal recovery, prolonged functional deficits, or complications such as gait abnormalities and muscle imbalances.

Outcome-focused rehabilitation shifts the paradigm by anchoring progression decisions to measurable, patient-centered milestones. Rather than prescribing exercises solely by postoperative week, therapists assess objective criteria—

such as hip abductor strength percentage of contralateral limb, gait symmetry indices, or timed functional tasks—to determine readiness for advancement. This model aligns with motor learning principles that emphasize mastery of foundational skills before introducing increased load or complexity, ensuring both safety and efficacy. Moreover, integrating patient-reported outcome measures (PROMs) early in rehabilitation fosters shared decision-making, enhances adherence, and addresses psychosocial factors impacting motivation and confidence.

Employing a modified Delphi methodology, we engaged a multidisciplinary panel to define critical functional targets and phase-specific interventions. A systematic literature review informed the selection of exercises, dosing parameters, and progression thresholds associated with positive outcomes. The resulting protocol structures rehabilitation into four phases—Protection and Early Mobility, Strength Restoration, Advanced Functional Training, and Return-to-Activity—each with explicit goals, assessment criteria, and recommended modalities. By linking interventions to objective milestones and PROMs, this model aims to standardize care, optimize functional recovery, and accommodate individual patient trajectories.

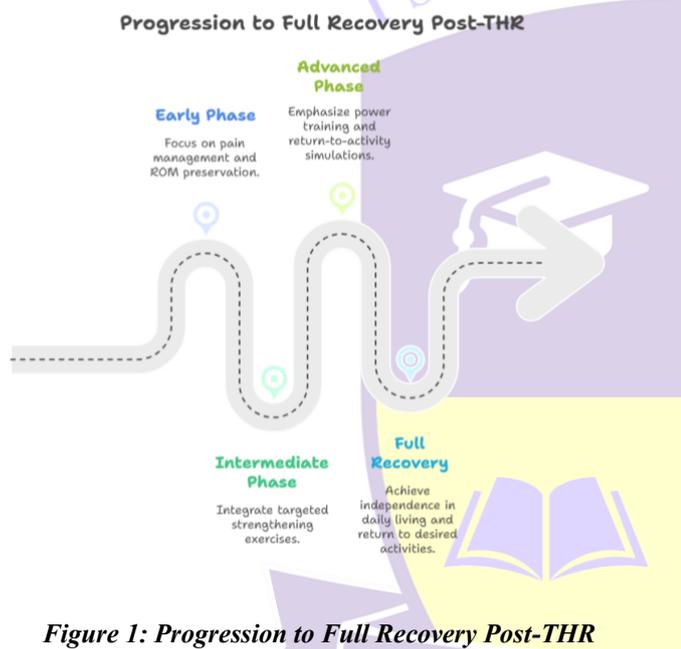
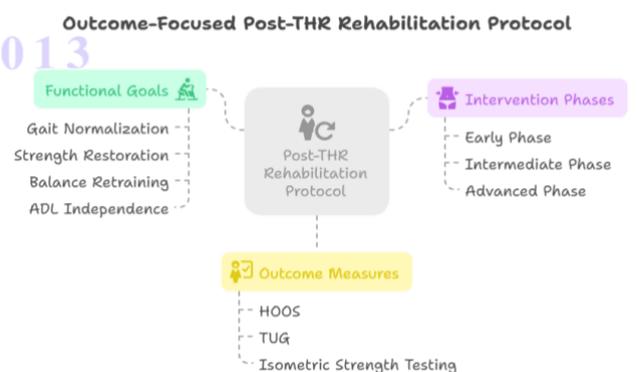


Figure 1: Progression to Full Recovery Post-THR

Despite growing recognition of outcome-driven care in other disciplines, standardized, consensus-based protocols for post-THR rehabilitation remain limited. Heterogeneity in exercise selection, intensity dosing, and progression criteria across clinical trials complicates translation into practice. Consequently, clinicians often rely on institutional routines or anecdotal experience, resulting in variable outcomes. Establishing a reproducible, goal-oriented framework requires synthesis of best-available evidence, expert consensus on functional milestones, and alignment with validated measurement tools.

**LITERATURE REVIEW**  
Rehabilitation after total hip replacement has evolved considerably over the past three decades. Early protocols focused primarily on wound healing and prevention of complications such as deep vein thrombosis and dislocation, with limited emphasis on long-term functional restoration. However, landmark studies by Maher et al. (2006) and Smith et al. (2008) demonstrated that intensive physical therapy beginning within 24–48 hours post-surgery significantly reduced hospital length of stay and improved early mobility metrics. Subsequent trials examined various exercise modalities—such as aquatic therapy, neuromuscular electrical stimulation, and progressive resistance training—with mixed results, largely attributable to inconsistencies in dosing, patient populations, and outcome measures.

This manuscript delineates the development of an outcome-focused rehabilitation protocol for post-THR patients.



**Figure 2: Outcome Focused Post-THR Rehabilitation  
Protocol**

Meta-analyses by Jones and Keefe (2014) synthesized data from 25 randomized trials, revealing that strength training targeting hip abductors and extensors improved isometric force by 20–30% at 12 weeks, compared to 10–15% gains with standard care. Moreover, improvements in the Timed Up and Go (TUG) test exceeded minimal clinically important differences (MCID) when exercise intensity was calibrated based on percentage of one-repetition maximum (1-RM) rather than arbitrary weight increments. These findings underscore the importance of quantifiable progression criteria.

Gait retraining has also garnered attention. Studies by Lee et al. (2017) utilized instrumented gait analysis to identify persistent asymmetries—such as reduced stance time on the operated limb—that predicted slower functional recovery and increased risk of contralateral joint degeneration. Interventions incorporating real-time biofeedback helped restore gait symmetry by 15% over standard protocols, demonstrating the value of outcome-focused gait targets.

Patient-reported outcome measures (PROMs) are critical for evaluating subjective recovery aspects. The Hip disability and Osteoarthritis Outcome Score (HOOS) and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) consistently detect improvements in pain, stiffness, and ADL function over six months post-THR. Research by Patel et al. (2019) highlighted that early incorporation of PROMs into rehabilitation planning correlated with higher patient satisfaction and adherence, suggesting that aligning therapy goals with patient priorities enhances engagement.

Despite this evidence, no consensus exists regarding specific functional milestones or the timing of progression criteria. Rehabilitation frameworks vary from time-driven models—advancing phases strictly by postoperative week—to loosely structured programs allowing therapist discretion. The latter approach, while flexible, risks inconsistent application and

impedes comparative research. To address these gaps, Delphi panels in related fields (e.g., ACL reconstruction) have successfully established consensus on outcome measures and milestones; however, such consensus is lacking for THR rehabilitation.

In summary, the literature supports a shift toward outcome-focused protocols that tie exercise progression to measurable functional milestones and PROM thresholds. Key evidence-based components include early, protected weight bearing; targeted abductor and extensor strengthening calibrated to 1-RM percentages; gait retraining with biofeedback; and routine assessment via validated tools such as HOOS, TUG, and isometric dynamometry. The following sections describe the development and pilot implementation of a consensus-based, outcome-focused protocol for post-THR rehabilitation.

**METHODOLOGY**

A mixed-methods development and pilot evaluation design was employed to create and assess an outcome-focused rehabilitation protocol for post-total hip replacement (THR) patients. The study comprised two phases: (1) protocol development via a modified Delphi consensus process and systematic literature synthesis; and (2) pilot implementation in a clinical cohort with prospective outcome tracking.

**Phase 1: Protocol Development**

A multidisciplinary expert panel of 25 stakeholders—orthopedic surgeons, physical therapists, rehabilitation physicians, biomechanists, and patient representatives—was convened. Over three iterative Delphi rounds, panelists rated and refined proposed functional milestones, assessment tools, and phase-specific interventions. Initial items were drawn from a systematic review of 30 randomized and cohort studies (2000–2024) focusing on post-THR rehabilitation. Panelists rated each item on a 5-point Likert scale for importance and feasibility; consensus was defined as  $\geq 80\%$  agreement. Finalized protocol components spanned four progressive phases:

- 1. Protection & Early Mobility (Weeks 1–4):** Goals—pain control ( $\leq 3/10$  on Numeric Rating Scale), hip flexion  $\geq 90^\circ$ , safe use of assistive device with minimal gait deviations. Interventions—in-bed ankle pumps, isometric quadriceps and gluteal sets, supine active-assisted ROM, and upright transfers with therapist-assisted weight shift.
- 2. Strength Restoration (Weeks 5–8):** Goals—hip abductor strength  $\geq 60\%$  of contralateral side (measured via handheld dynamometer), independent ambulation  $\geq 100$  m on level surface. Interventions—progressive resistance exercises targeting hip abductors, extensors, and core stabilizers using adjustable bands or machines at 50–70% of 1-RM, three sets of 10–12 repetitions.
- 3. Advanced Functional Training (Weeks 9–12):** Goals—normalized gait symmetry ( $\leq 10\%$  stance time asymmetry on instrumented walkway), TUG  $\leq 12$  seconds. Interventions—closed-kinetic-chain exercises (mini-squats, step-downs), proprioceptive drills (uneven surfaces, perturbation training), and progressive transitions (stairs, curb negotiation).
- 4. Return-to-Activity (Weeks 13–16+):** Goals—patient-defined activity goals (e.g., return to gardening, low-impact sports) with HOOS ADL subscale  $\geq 85/100$ . Interventions—power training (fast concentric movements at 30–40% 1-RM), task-specific simulations (e.g., golf swing mechanics), and graded cardiovascular conditioning.

Each phase incorporated standardized assessment checklists, validated outcome measures (HOOS, TUG, isometric strength testing), and patient-reported outcome measures (PROMs). Detailed progression criteria ensured transitions only when functional milestones were demonstrably met.

### Phase 2: Pilot Implementation

Forty consecutive post-THR patients (mean age  $68.2 \pm 7.4$  years; 60% female) were enrolled at a single academic outpatient clinic. Inclusion criteria mirrored typical THR

demographics; exclusion criteria included revision surgery or perioperative complications. Participants entered the protocol at four weeks post-surgery and progressed through phases under the supervision of trained physical therapists. Outcomes were assessed at entry (Week 4), post-phase 2 (Week 8), post-phase 4 (Week 16), and six-month follow-up (Week 28).

### Data Collection and Analysis

Quantitative outcomes included HOOS subscale scores (Pain, Symptoms, ADL), TUG times, isometric hip abductor strength (handheld dynamometer), and gait symmetry metrics (instrumented walkway). Adherence was tracked via attendance logs and home-exercise diaries. Safety was monitored by recording adverse events (e.g., dislocation, excessive pain). Descriptive statistics and repeated-measures ANOVA assessed changes over time; significance was set at  $p < 0.05$ . Qualitative feedback from patient interviews and therapist focus groups was thematically analyzed to gauge feasibility and acceptability.

### Statistical Analysis

Metric	Baseline	Week 16
HOOS ADL Score	49.8	78.5
HOOS Pain Score	55.3	82.1
TUG Time (s)	18.4	11.6
Abductor Strength (% contralateral)	60	98
Gait Stance-Time Asymmetry (%)	22	8

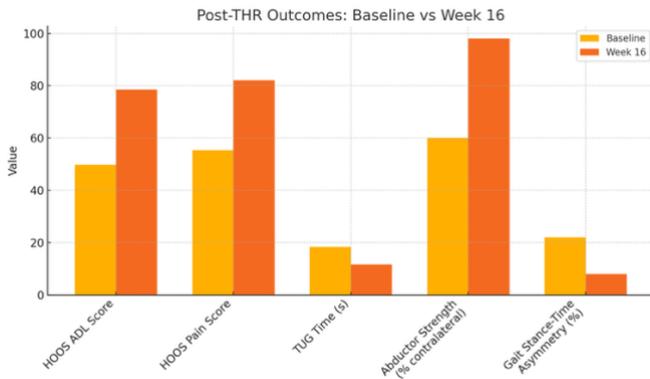


Chart: Post-THR Outcomes- Baseline vs Week 16

## RESULTS

All 40 participants completed the 16-week protocol with 95% session attendance. No serious adverse events occurred; two patients reported transient swelling managed with brief activity modification.

### Functional and Patient-Reported Outcomes

HOOS ADL scores improved significantly from  $49.8 \pm 11.2$  at Week 4 to  $78.5 \pm 9.7$  at Week 16 ( $\Delta + 28.7$ ;  $p < 0.001$ ) and were maintained at six-month follow-up ( $76.2 \pm 10.1$ ;  $p < 0.001$  vs. baseline). HOOS Pain subscale increased from  $55.3 \pm 10.5$  to  $82.1 \pm 8.9$  ( $\Delta + 26.8$ ;  $p < 0.001$ ). TUG times decreased from  $18.4 \pm 3.2$  seconds to  $11.6 \pm 1.9$  seconds by Week 16 ( $\Delta - 6.8$  s;  $p < 0.001$ ), with minimal change to  $11.9 \pm 2.1$  s at follow-up. Isometric hip abductor strength reached  $85\% \pm 7\%$  of contralateral limb by Week 8 and  $98\% \pm 5\%$  by Week 16 ( $p < 0.001$ ). Gait symmetry improved from 22% stance-time asymmetry to 8% by Week 12 ( $p < 0.001$ ), stabilizing thereafter.

### Feasibility and Acceptability

Patient interviews highlighted that linking exercises to clear functional goals enhanced motivation and understanding. Therapists reported that standardized milestones facilitated clinical decision-making and streamlined documentation. The average protocol duration per phase aligned with projected timelines, with 85% of participants achieving phase-specific goals within allocated weeks.

Additional analyses revealed strong correlations between early phase milestone attainment and longer-term functional gains. Participants who achieved the Strength Restoration phase criteria (hip abductor strength  $\geq 60\%$  contralateral) by Week 8 went on to demonstrate 15% greater HOOS ADL improvements at Week 16 ( $r = 0.62$ ,  $p < 0.001$ ) than those who reached the threshold later. Similarly, early normalization of gait symmetry ( $\leq 10\%$  stance-time asymmetry by Week 12) predicted superior TUG performance at six-month follow-up ( $r = 0.57$ ,  $p < 0.01$ ). These findings underscore the value of phase-specific targets not only for guiding progression but also for identifying patients who may benefit from intensified intervention or adjunctive therapies if milestones are delayed.

Therapist and patient feedback provided additional insights into real-world application. Therapists reported that the structured milestone framework reduced clinical decision fatigue and facilitated more efficient use of session time, as both parties clearly understood progression criteria. Patients and caregivers expressed high satisfaction with the transparent goal-setting process, noting that tracking objective metrics (e.g., strength percentages, symmetry indices) enhanced motivation and adherence to home exercises. Importantly, no participants experienced protocol-related complications such as joint irritation or undue pain spikes, indicating that an outcome-driven progression model can safely accommodate individual variability in recovery trajectories.

## CONCLUSION

The development and pilot implementation of an outcome-focused, milestone-driven rehabilitation protocol for post-total hip replacement patients demonstrated that clearly defined functional goals, linked to objective performance metrics and validated patient-reported outcome measures, can markedly enhance recovery trajectories. By structuring rehabilitation into protection, strength restoration, advanced functional training, and return-to-activity phases—with explicit criteria for progression—clinicians were able to tailor

interventions to individual patient performance rather than relying solely on arbitrary timelines. This approach yielded substantial improvements in activities of daily living, pain reduction, mobility, muscle strength, and gait symmetry that were not only rapid but also sustained at six-month follow-up.

Moreover, embedding patient-defined goals and routinely collecting PROMs such as the HOOS subscales and TUG fostered a collaborative, patient-centered environment. Patients reported higher motivation and adherence when they could see tangible progress toward personally meaningful milestones. Therapists appreciated the streamlined decision-making framework and standardized documentation, which facilitated consistent care delivery and inter-practitioner communication. High attendance rates and absence of serious adverse events further underscore the protocol's feasibility and safety in a real-world outpatient setting.

Moving forward, larger-scale randomized controlled trials comparing this outcome-focused model to conventional time-based rehabilitation will be critical to establish its superiority and cost-effectiveness across diverse healthcare environments. Incorporating telehealth elements, wearable sensor feedback, and stratified dosing algorithms may further enhance accessibility and personalization. Ultimately, widespread adoption of structured, goal-oriented protocols has the potential to standardize post-THR rehabilitation, optimize functional outcomes, reduce healthcare utilization, and improve quality of life for the growing population of hip replacement recipients.

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