

Table 5-4

## Hypothetical Clinical Pathway for Patient Post-Total Hip Arthroplasty

<i>Postoperative Day</i>	<i>Mobility (PT)</i>	<i>Exercise (PT)</i>	<i>Self-care (OT)</i>	<i>Precautions (PT/OT)</i>
1 Date: <u>7/7/12</u>	<p><i>AM treatment: Transferred supine to sit and bed to w/c with mod @ ×1 for weight bearing and safety. Sit to stand with min @ ×1. Patient ambulated in parallel bars PWB 50% with min @ ×1 for verbal instructions and safety because of light-headedness.</i></p> <p><i>PM treatment: Patient ambulated 20' with standard walker with min @ ×1 for verbal cueing for weight-bearing precautions and safety because of light-headedness.*</i></p>	<p><i>Patient instructed in bedside exercises bid. Performed 25 reps:</i></p> <ol style="list-style-type: none"> <li><i>1. Ankle pumps</i></li> <li><i>2. Quadriceps isometrics</i></li> <li><i>3. Hip abduction</i></li> <li><i>4. Heel slides</i></li> <li><i>5. Gluteal isometrics</i></li> </ol>		<p><i>Provided patient with hip precautions; patient verbalized understanding</i></p>
Goal	<p>Out of bed to PT Department</p> <p>Ambulates 15–25' (50% weight bearing) with minimal to moderate assist ×1</p>	<p>Bedside exercises per protocol to increase ROM and circulation</p>	<p>Self-hygiene at sink with minimal assistance</p>	<p>Hip precautions provided</p>
	<i>Goal met</i>	<i>Goal met</i>		<i>Goal met</i>
Additional note in chart?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Treatment time	28'	10'		2'
Signature	<i>Susan Smith, DPT</i>	<i>Susan Smith, DPT</i>		<i>Susan Smith, DPT</i>
2 Date: <u>7/8/12</u>	<p><i>AM treatment: Transferred supine to sit and bed to w/c with min @ ×1 for maintaining hip precautions and safety. Sit to stand with min @ ×1. Patient ambulated 50' with standard walker with CGA ×1 for verbal cueing for reminders for weight-bearing precautions and sequencing gait pattern</i></p> <p><i>PM treatment: Same as am</i></p>	<p><i>Patient instructed in bedside exercises bid. Performed 25 reps:</i></p> <ol style="list-style-type: none"> <li><i>1. Ankle pumps</i></li> <li><i>2. Quadriceps isometrics</i></li> <li><i>3. Hip abduction</i></li> <li><i>4. Heel slides</i></li> <li><i>5. Gluteal isometrics</i></li> </ol>		<p><i>Patient able to verbally provide hip precautions with minimal prompts</i></p>
Goal(s)	<p>Out of bed to PT department</p> <p>Ambulates 25–50' (50% weight bearing) with minimal to moderate assist ×1</p>	<p>Exercises in PT department to increase ROM and circulation</p>	<p>Self-hygiene at sink performed with verbal cues</p>	<p>Hip precautions reviewed</p>
	<i>Goal met</i>	<i>Goal met</i>		<i>Goal met</i>
Additional note in chart?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Treatment time	28'	10'		2'
Signature	<i>Susan Smith, DPT</i>	<i>Susan Smith, DPT</i>		<i>Susan Smith, DPT</i>

Italicized text indicates documentation completed by the PT.