Follow-up care during discharge (D/C) was provided in the outpatient setting. Evaluation for home physical therapy was provided by the PT team, and home exercise program (HEP) was provided to the patient for discharge. The patient was discharged from the hospital with a walker as his primary mobility aid and able to bear weight as tolerated.

Discussion

This patient had an excellent result following THA despite an involved PMH and short LOS. No adverse events occurred during the acute care PT management of this patient. There was no follow-up with the patient following second discharge (D/C). Limitations: Little opportunity for clinical judgement concerning therapeutic exercise prescription and referral for PT services following D/C due to guidelines. Future research: monitoring the effects of D/C on post-operative day one following a THA, effects of EM on these patients, and research/development of a PT test and measure that can be safely used following THA.

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References

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