Primary hip osteoarthritis (OA) is a leading cause of significant hip pain resulting in disability, joint stiffness, and loss of function.1,2 42% of people with hip OA have it in both hips3. Minimally invasive surgery using an anterolateral approach spares the hip external rotator muscles and posterior hip capsule.4 Staged bilateral total hip arthroplasty (THA): two separate surgical procedures during different hospitalizations4. Lower risk of deep vein thrombosis (DVT)5, but higher risk of complications overall5,6 compared to simultaneous bilateral THA. Early mobilization (EM) following THA is associated with lower pain levels7 and reduced length of stay (LOS)8. The purpose of this case report was to add to the limited literature describing acute care physical therapy (PT) management of patients receiving staged BTHA and to document both episodes of care.

### Background and Purpose

- **Acute Care Physical Therapy and Early Mobilization for a Patient Following Bilateral Staged Anterolateral Total Hip Arthroplasties: A Case Report**
- **Rachel Claussen, BS, DPT Student**
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### Outcomes

- **First Hospitalization: Right THA**
  - Frequent cues for safety and proper sequencing during functional mobility
  - All but two goals were met.
  - He continued to require cues and supervision for ambulation and transfers.
- **Second Hospitalization: Left THA**
  - Cues for proper sequencing during functional mobility
  - All goals were met

### 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