

Physical Therapy Protocol Hip Fracture Fixation

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Week 0-6

- Progress to full weight bearing
- Use assistive devices as needed
- Quad activation, ankle pumps, straight leg raise
- Gait training

Week 6-12

- Full weight bearing
- Wean off of assistive devices as able
- Quad activation, ankle pumps, straight leg raise
- Closed chain exercises

Week >12

- Full weight bearing
- Soft tissue mobilization
- Closed chain exercises
- Progress towards home program