

Dr. King's Hip Reference Guide

SURGICAL	Week 0-4	Week 4-8	Week 8-12	Week 12-16	Full Duty	MMI
Hip Arthroscopy						
PT	2 x/week	2-3x/week	2-3x/week	Work Conditioning	12-16 weeks	16-20 weeks
Work Status	Off/Sedentary	Sedentary; 10# Lift/Carry	25# Lift/Carry			
Glute Repair						
PT	POD#1 only	2 x/week	2-3x/week	2-3x/week	16-20 weeks	20-24 weeks
Work Status	Off Work	Sedentary	10# Lift/Carry	25# Lift/Carry		
Hamstring Repair						
PT	POD#1 only	2-3x/week	2-3x/week	2-3x/week	16-20 weeks	20-24 weeks
Work Status	Off Work	Sedentary	10# Lift/Carry	25# Lift/Carry		
Total Hip Replacement						
PT	Home Health	2-3x/week	2-3x/week	Work Conditioning	12-16 weeks	16-20 weeks
Work Status	Off	Sedentary; 10# Lift/Carry	25# Lift/Carry			
Femur Fracture IM Nail						
PT	POD#1 only	2-3x/week	2-3x/week	2-3x/week	12-16 weeks	16 weeks
Work Status	Off Work	Sedentary	10# Lift/Carry	25# Lift/Carry		

NON-SURGICAL	Week 0-4	Week 4-8	Week 8-12	Week 12-16	Full Duty	MMI
Trochanteric Bursitis						
PT	2-3x/week	Work Conditioning			4-8 weeks	8-12 weeks
Pelvic Fracture						
PT	None	2-3x/week	2-3x/week	Work Conditioning	12-16 weeks	16-20 weeks
Work Status	Off Work	Sedentary	10# Lift/Carry	25# Lift/Carry		
Hip Osteoarthritis						
PT	2-3x/week	Work Conditioning			4-8 weeks	8-12 weeks
Proximal Hamstring						
PT	2-3x/week	Work Conditioning			4-8 weeks	8-12 weeks



If you have any questions, please don't hesitate to call Dr. King at 314-991-2113