

FEMORAL HEAD OSTEOTOMY (FHO) - HOME CARE NOTES

Home Program for FHO

Immediate to 48–72 h postoperative

Inpatient status preferred during this phase
Self home: Therapeutic exercises
Slow, gentle hip pROM for operated limb focusing on extension (10 reps TID-QID beginning immediately postoperative)
Slow leash walking with sling support available, only to go outside (up to 5 min, TID-QID)
Balance exercises on a semi firm surface for weight bearing
Modalities
Gentle massage around the surgery site, thigh and lumbosacral regions
Cryotherapy (15–20 min TID after activities) – first session immediately postoperative

72 h to 2 weeks postoperative

Therapeutic exercises pROM and flexion/extension hip stretches of operated limb (10–15 reps BID-TID)
Slow, controlled leash walking, 5–20 min including mild inclines to encourage hip extension and target gluteal muscles
Balance exercises on a soft foam pad for weight bearing BID-TID
Modalities
Heat therapy (10–15 min BID-TID, before exercises, Not within 72 h after surgery or if clinical signs of acute inflammation are still present)
Cryotherapy (15–20 min BID) after exercises

2–4 wk postoperative

Therapeutic exercises pROM and flexion/extension hip stretches of operated limb (10–15 reps BID-TID)
Leash walks 15–20 min including 5–10 min of inclines
Balance exercises on an inflatable disk for weight bearing BID-TID
Sit-to-stand exercises 5–10 reps BID
Light jogging 3–5 min per day
Stairs: 1 flight SID-BID
Modalities
Heat therapy (10 min) before activity
Cryotherapy (15–20 min) after exercises

5–8 wk postoperative

Therapeutic exercises pROM and flexion/extension hip stretches of operated limb PRN
Leash walks 20–30 min including up to 10–15 min of inclines, may use weights on affected limb or pulled with a harness as tolerated/required
Incorporate challenging surfaces to walks that is, snow, sand, when possible
Controlled ball-playing with gradually increasing times and distances
Sit-to-stand exercises 10–20 reps BID
Light jogging 3–5 min/d
Stairs: 2–4 flights SID-BID
Modalities
Heat therapy PRN before activity
Cryotherapy PRN after exercises

Nine wk postoperative and beyond

Therapeutic exercises pROM for operated limb PRN
Leash walks at times and distances tolerated, including fast walks up inclined surfaces
Sit-to-stand exercises 20–30 reps as needed
Jogging: working up from 10-15 min per day
Stairs: walking and trotting, increasing number of flights as tolerated
Swimming or walking in mid-to-upper-thigh-level water
Ball playing with gradually increasing times and distances, becoming more vigorous over time

Abbreviations: PRN, as needed; pROM, passive range of motion; QID, 4 times a day; reps, repetitions; S/S, signs/symptoms; SID, 1 time a day; TID, 3 times a day; UWTM, underwater treadmill.

If you have any questions or concerns, please contact the clinic 54455288

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