Intervention	POD 9		POD 10		POD 11		POD 12		Comments
	am	pm	am	pm	am	pm	am	pm	
Home programme counselling									Must give written instructions
Isometric quadriceps- 10 minutes									Must be independent
Isometric glutei- 10 minutes									
ATM- 20 times									
Long arc quadriceps- 10 reps x 5 sets									
End arc quadriceps 10 reps x 6 sets									
Knee mobilisation									
Supine abduction 10 reps x 5 sets									
Heel slides 10 reps x 5 sets									
Standing hip extension, abduction 10 x 2 sets									
Transfers									Must be independent
Ambulation with walker/ crutches Weight bearing status WBAT/ PWB/ TTWB/ NWB									Must be safe with supervision on stairs Must be independent in transfers Must be independent to walk at least 150 metres
Negotiation of steps									
Distance walked in metres									
Level of assistance for transfers									
Level of assistance for ambulation									
Signature and designation of treating Physiotherapist									Follow up plan

Criteria for discontinuation of physiotherapy will be independence in all exercises, independent and safe transfers and independent and safe ambulation of at least 150 feet and 2-5 steps. This may be achieved anytime between 5 POD and discharge from hospital.

Criteria for decreasing frequency from BID- OD will be either lack of endurance for 2 times a day or independence in exercises and function with bystander or self (highly motivated or young patients)

JSS HOSPITAL
IN SERVICE TO LIFE

Physiotherapy care pathway for Fx proximal femur stabilised surgically

Name of patient: _____

Date of surgery: _____

Type of surgery: _____

Co-morbidities: _____

Any other relevant information: _____

M. G. Road, Mysore-570004, Ph.: 0821-2548363/64/65. Fax No: 0821-2548368
Email: contact@jsshospital.in | Website: www.jsshospital.in

Intervention	POD 1		POD 2		POD 3		POD 4		Comments
	am	pm	am	pm	am	pm	am	pm	
Exercise counselling									
Isometric quadriceps- 10 minutes									
Isometric glutei- 10 minutes									
ATM- 20 times									
Breathing exercises									
Supine abduction 10 reps x 2 sets									
End arc quadriceps 10 reps x 2 sets									
Heel slides 10 reps x 2 sets									
Sit up at side of bed									
Sit to stand side of bed									
Long arc quadriceps- 10 reps x 2 sets									
Knee mobilisation- Active 20 reps x 2 sets									
Patella mobilisation									
Ambulation with walker Weight bearing status WBAT/ PWB/ TTWB/ NWB									Level of assistance will be marked as follows Dependent: patient does less than 25% of the transfers (D); Max assist: patient does about 25% (Max A) Mod assist: patient does about 50% (Mod A); Min assist: patient does about 75% (Min A) Supervision: patient does 100% but requires supervision for safety (S); Independent: patient does 100% without supervision (I)
Distance walked in metres									
Level of assistance for transfers									
Level of assistance for ambulation									
Signature and designation of treating Physiotherapist									

Intervention	POD 5		POD 6		POD 7		POD 8		Comments
	am	pm	am	pm	am	pm	am	pm	
Isometric quadriceps- 10 minutes									*Must be independent
Isometric glutei- 10 minutes									
ATM- 20 times									
Long arc quadriceps- 10 reps x 3 sets									
End arc quadriceps 10 reps x 5 sets									
Supine abduction 10 reps x 3 sets									
Heel slides 10 reps x 3 sets									
Sit up at side of bed									Must be independent
Knee mobilisation									
Sit to stand at side of bed									
Ambulation with walker/ crutches Weight bearing status WBAT/ PWB/ TTWB/ NWB									*Must be walking at least 50 metres Must be independent with walker Must be negotiating steps with supervision
Negotiation of steps									
Distance walked in metres									
Level of assistance for transfers									
Level of assistance for ambulation									
Signature and designation of treating Physiotherapist									