

# Hip Fracture Cannulated Screw Fixation

## Physical Therapy Protocol

### Keys to a Successful Outcome

- Emphasize early mobilization to prevent complications like blood clots or deconditioning

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-2	None	Gentle, protected ROM	TTWB	Protected ROM, isometric exercises, delayed loading, ankle ROM
Weeks 2-4	None	Gentle, protected ROM	Starting at 50% and progressing to 100% during this time	Static quads, glute squeezes, supine hip abduction
Weeks 4-12	None	Progressive ROM, do not force end-ranges	WBAT	Clamshells, side-lying hip abduction
Months 3+	None	FAROM	WBAT	Home exercise program

### Patient Instructions

- Avoid high-impact activities or full squats until six weeks

### General Time Frames for ADLs

- Driving: 2-10 wks
- Desk/light return to work: 6-12 wks

