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The STAR approach is a micro-posterior, tissue-sparing technique. Because the abductors are not cut and the posterior capsule is preserved/repared, stability is significantly higher than traditional approaches.

- **Weight Bearing:** As Tolerated (WBAT) immediately.
- **Precautions:** Minimal. Avoid extreme Internal Rotation with Flexion > 90° for 6 weeks.

Phase I: Hospital to Home (Days 0–7)

Focus: Pain modulation, edema control, and basic mobility.

- **Ankle Pumps:** 20 reps every hour.
- **Glute/Quad Sets:** 2 sets of 10 (5-sec hold).
- **Heel Slides:** 2 sets of 10 (Gentle range).
- **Milestone:** Independent with bed mobility and 100ft ambulation.

Phase II: Functional Loading (Weeks 2–4)

Focus: Normalizing gait and weaning from assistive devices.

- **Standing Hip Abduction:** 3 sets of 10 (No resistance).
- **Mini-Squats:** 3 sets of 10 (Limit to 45°).
- **Step-ups:** 4-inch step, focusing on eccentric control.
- **Milestone:** Transition to cane or no device with no Trendelenburg gait.

Phase III: Progressive Strengthening (Weeks 5–8)

Focus: Core/Hip stability and endurance.

- **Clamshells:** 3 sets of 15 (Targeting Glute Medius).
- **Bridges:** 3 sets of 10 (Double leg, progressing to single leg).
- **Stationary Bike:** 10–15 minutes, light resistance.