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Total Hip Replacement Recovery Strategies for Optimal Function in Older Adults

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Total Hip Replacement (THR) surgery is one of the most common reconstructive hip procedures. THR is a treatment option for restoring movement to hips after damage caused by osteoarthritis, degenerative bone and cartilage disease, trauma, or other injuries. The average age of patients undergoing THR is reported at 65 years old, with an expected annual procedural volume increase due to the aging “baby boomers”.

**METHODS**

**DATA & VISUALS**

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**CONCLUSIONS**

This integrative review hopes to:

- Help nurses and medical professionals easily identify recovery strategies for OAs post THR.
- Make recommendations for future practice.
- Integrate the biopsychosocial model into recovery strategies to guide future programs and protocols.
- Enhance overall outcomes for OAs post THR.

**METHODS**

Our comprehensive literature search was performed for articles published within the past 5 years using CINAHL complete, Nursing and Allied Health Database, Academic Search Complete, and PubMed.

Full-text searches included the following terms: total hip replacement OR total hip arthroplasty AND older adult* OR 65+ OR over 65+ AND post.

A total of 10 articles were analyzed to help guide nurses and medical professionals identify recovery strategies for OAs to reach optimal functioning post THR.

**CONCEPTUAL MODEL**

The Biopsychosocial Model (Engel, 1977).

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