

Hip Arthroscopy - Rehabilitation Protocol

-Perform PROM in patient's PAIN FREE Range

| FLEXION | EXTENSION | EXTERNAL ROTATION | INTERNAL ROTATION | ABDUCTION |
|--|------------------------------------|--|---|-------------------------------------|
| Limited to: 90 degrees x 2 weeks (may go higher in the CPM) | Limited to: 0 degrees x 3 weeks | Limited to: *30 degrees @ 90 degrees of hip flexion x 3 weeks *20 degrees in prone x 3 weeks | Limited to: *20 degrees @ 90 degrees of hip flexion x 3 weeks *No limitation in prone | Limited to: 30 degrees x 2 weeks |

Weight Bearing Restrictions:

Gait Progression:

| | |
|---|--|
| 20# FOOT FLAT Weight Bearing -for 3 weeks (non-Micro-fracture) -for 6 weeks (with Microfracture) | Begin to D/C crutches at 3 weeks (6 wks if Microfracture is performed). Patient may be fully off crutches and brace once gait is PAIN FREE and NON-COMPENSATORY |
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PATIENT PRECAUTIONS:

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| -NO Active lifting of the surgical leg (use a family member/caretaker for assistance/utilization of the non-operative leg) for approximately 4 weeks -NO sitting greater than 30 minutes at a time for the first 3 weeks -DO NOT push through pain |
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POST-OP DAY 1/INITIAL PHYSICAL THERAPY VISIT:

Check List:

| Activity/Instruction | Frequency | Complete |
|---|---|----------|
| Instructed in ambulation and stairs with crutches and 20# FFWB | | |
| Upright Stationary bike no resistance | 20 minutes daily | |
| CPM usage | 4 hours/day (decrease to 3 hours if stationary bike used for 20') | |
| Instruction on brace application/usage | | |
| PROM (circumduction, abduction, log rolls) instructed to the family/caregiver *maintain restrictions for 3 weeks | 20 minutes; 2 times each day | |
| Prone lying | 2-3 hours/day | |
| Isometrics (quad sets, glut sets, TA activation) | Hold each 5 seconds, 20 times each, 2x/day | |

PHASE 1

Goal: Protect the Joint and Avoid Irritation

PT Pointers:

- Goal is symmetric ROM by 6-8 weeks
- NO Active open chain hip flexor activation
- Emphasize Proximal Control
- Manual Therapy to be provided **20-30 minutes/P** T session

| Date of surgery: | Week | 1 | 2 | 3 | 4 | 5 | 6 |
|--|------------------------------------|---|---|---|---|---|---|
| Stationary bike (20 min, Increase time at week 3 as patient tolerates) | Daily | x | x | x | x | x | x |
| Soft tissue mobilization (specific focus to the adductors, TFL, Iliopsoas, QL and Inguinal ligament) | Daily (20-30 minutes each session) | x | x | x | x | x | x |
| Isometrics -quad, glutes, TA | daily | x | x | | | | |
| Diaphragmatic breathing | daily | x | x | | | | |
| Quadriped -rocking, pelvic tilts, arm lifts | daily | x | x | x | | | |
| Anterior capsule stretches: surgical leg off table/Figure 4 | daily | x | x | x | x | x | x |
| Clams/reverse clams | daily | x | x | x | | | |
| TA activation with bent knee fall outs | daily | x | x | x | | | |
| Bridging progression | 5x/week | | x | x | x | x | x |
| Prone hip ER/IR, hamstring curls | 5x/week | | x | x | x | x | x |

PHASE 2

Goal: Non-Compensatory Gait and Progression

PT Pointers:

- Advance ambulation slowly without crutches/brace as patient tolerates and avoid any compensatory patterns
- Provide tactile and verbal cueing to enable non-compensatory gait patterning
- Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises
- If microfracture was performed, Hold all weight bearing exercises until week 6

| Date of Surgery: | Week | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---------|---|---|---|---|---|---|---|----|
| Progress off crutches starting week 3 | | x | | | | | | | |
| Continuation of soft tissue mobilization to treat specific restrictions | 2x/week | x | x | x | x | x | x | x | x |
| Joint Mobilizations posterior/inferior glides | 2x/week | | | | x | x | x | x | x |
| Joint Mobilizations anterior glides | 2x/week | | | | | x | x | x | x |
| Prone hip extension | 5x/week | x | x | x | | | | | |
| Tall kneeling and ½ kneeling w/ core and shoulder girdle strengthening | 5x/week | x | x | x | x | | | | |
| Standing weight shifts: side/side and anterior/posterior | 5x/week | x | x | x | | | | | |
| Backward and lateral walking no resistance | 5x/week | x | x | | | | | | |
| Standing double leg 1/3 knee bends | 5x/week | | x | x | x | | | | |
| Advance double leg squat | 5x/week | | | | x | x | x | x | x |
| Forward step ups | 5x/week | | | | x | x | x | x | x |
| Modified planks and modified side planks | 5x/week | | | | x | x | x | x | x |
| Elliptical (begin 3 min, ↑ as tolerated) | 3x/week | | | | x | x | x | x | x |

Phase 3

Goal: Return the Patient to Their Pre-Injury Level

PT Pointers:

- Focus on more FUNCTIONAL exercises in all planes
- Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises
- More individualized, if the patients demand is higher than the rehab will be longer

| Date of surgery | Week | 8 | 9 | 10 | 11 | 12 | 16 |
|--|---------|---|---|----|----|----|----|
| Continue soft tissue and joint mobilizations PRN | 2x/week | x | x | x | x | x | |
| Lunges forward, lateral, split squats | 3x/week | x | x | x | x | x | x |
| Side steps and retro walks w/ resistance (begin w/ resistance more proximal) | 3x/week | x | x | x | x | x | x |
| Single leg balance activities: balance, squat, trunk rotation | 3x/week | x | x | x | x | x | x |
| Planks and side planks (advance as tolerated) | 3x/week | x | x | x | x | x | x |
| Single leg bridges (advance hold duration) | 3x/week | x | x | x | x | x | x |
| Slide board exercises | 3x/week | | | x | x | x | x |
| Agility drills (if pain free) | 3x/week | | | x | x | x | x |
| Hip rotational activities (if pain free) | 3x/week | | | x | x | x | x |

Phase 4

Goal: Return to Sport

PT Pointers:

- It typically takes 4-6 months to return to sport, possible 1 year for maximal recovery
- Perform a running analysis prior to running/cutting/agility
- Assess functional strength and obtain proximal control prior to advancement of phase 4

| Date of surgery | Week | 16 | 20 | 24 | 28 | 32 |
|---------------------------|------------|----|----|----|----|----|
| Running | In Alter G | x | x | x | x | x |
| Agility | | x | x | x | x | x |
| Cutting | | | x | x | x | x |
| Plyometrics | | | x | x | x | x |
| Return to sport specifics | | | x | x | x | x |