

Hip Arthroscopy – Labral Repair, Osteoplasty, Chondroplasty, Acetabuloplasty

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Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 3)

- Toe Touch Weight Bearing x 3 weeks
- CPM 4-6 hours/day or as tolerated (only if prescribed)
- Lie on stomach 2 or more hours/day

ROM

- Flexion 0°-90° x 2 weeks and progressing to 120° by week 3
- Extension 0°
- External rotation 0°
- Internal rotation - no limits, work for full range
- Abduction 0°-45°

Exercise progression

- Stationary bike with no resistance
- Hip isometrics IR/ER (2x/day)
- Glute, quadriceps, hamstring isometrics (2x/day)
- Hip PROM (2x/day) flexion, abd. and IR supine at 90° and prone
- Hip circumduction
- Quadruped rocking

Phase II – Progressive Stretching and Early Strengthening (Weeks 3 to 6)

Goals

- Wean off crutches
- Restore full ROM
- Normalize gait
- Improve strength and endurance

Exercise progression (as tolerated)

- Scar mobilization
- STM to quad, ITB, hip abductors and rotators as needed
- Comprehensive lower extremity flexibility program
- Bridging dbl and single
- Supine dead bug series (on foam roller)
- Hip abduction
- Quadruped hip extension series
- Standing open and closed chain multi-plane hip
- Standing internal/external rotation strengthening
- Step-up progression
- Squat progression
- Heel raises
- Stationary biking
- Deep water pool program when incisions are completely healed
- Stretching: quadriceps, piriformis and hamstrings

Phase III – Advanced Strengthening and Endurance Training (Weeks 6 to 12)

Exercise progression

- Closed chain squat progression
- Leg press and leg curl
- Lunge progression
- Walking program
- Outdoor biking
- Swimming
- Shallow water pool running program
- Basic ladder series
- Advanced ladder series
- Basic hurdle series

Phase IV – Return to Sport Program (Weeks 12-16)

Exercise progression

- Maintain trunk, hip and lower extremity strength and flexibility program
- Interval running program
- Field/court sports specific drills in controlled environment
- Sports test
- Non-contact drills and scrimmaging – must have passed sports test
- Return to full activity – per physician and therapist

*****Typically 4-6 months to return to sports, 1 yr for maximal recovery*****