



HIP ARTHROSCOPY POST OPERATIVE PROTOCOL

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OVERALL GOAL: Brief rehabilitation with education on signs and symptoms of overuse and modification of activity to avoid pain.

This protocol is based on goal-oriented progression. Each patient is different and should be treated according to their tolerance in therapy. Please feel free to call with any questions.

Impact activity should not begin until six weeks post-operative (i.e. running, jumping, Stairmaster.)

I. Initial Phase:

Goals: Regain range of motion within tolerance, decrease swelling and pain, retard muscle atrophy.

A. Day of surgery:

1. Begin isometric glut set and ankle pumps

B. Post-operative days 1-7:

1. Weight bearing to tolerance, crutch ambulation on flat and stairs.
2. Immediate post-operative exercises:
 - a. Isometric quad sets, glut sets, hamstring sets, adductor sets, abductor sets
 - b. Active assisted range of motion in all planes without pain.
 - c. Hip mobilization if beneficial in decreasing pain and increasing range of motion with straight distraction.
 - Inferior glide- patient supine, (hip and knee bent to 90 degrees). Force applied at proximal anterior thigh with movement inferiorly.
 - Posterior Glide- patient supine (hip and knee bent to 90 degrees). Force applied down through knee for posterior hop movement.
 - d. Closed chain bridging, weight shifts, balancing drills.
 - e. Open chain standing abduction, adduction, flexion, extension with resistance.
 - f. Pool exercises; water resisted toning, swimming and walking drills.
3. Avoid early straight leg raises.

4. Gentle toning exercises can begin as early as week one as long as patient is pain free and remains pain free throughout exercises.

II. Intermediate Phase:

Goals: Regain and improve muscular strength and normalize joint kinematics.

A. Post-operative weeks 2-3:

1. Progress off crutches and normalize gait.
2. Continue to progress range of motion with gradual end range stretch within tolerance.
3. Begin progressive resistive exercises as tolerated:
 - a. Closed chain single leg bridging.
 - b. Open chain above knee resistive Thera-Band or pulley exercise in flexion, extension, adduction, abduction, hamstring curl as tolerated.
 - c. Bike if tolerated.
 - d. Pool exercises.
4. No impact or repetitive twisting activities.

III. Advanced Phase:

Goals: Improve functional strength and endurance.

A. Post-operative weeks 4-6:

1. Continue flexibility exercises.
2. Continue to progress resistive strengthening and functional strengthening exercises.
 - a. Closed chain exercises as tolerated of multi-hip strengthening, hamstring curls, knee extension.

B. Gradual time progression to full functional activities.

C. Week 7: Begin progression to high impact activities and progression to usual sport/occupation.

ARTHRITIC PATIENTS: DO NOT PUSH TO GAIN MOTION. Limited pain free motion is acceptable.