

HIP ARTHROSCOPY REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-4 weeks	<p>Debridement: Weight bearing as tolerated with crutches if needed.</p> <p>Osteochondroplasty and Labral Repair: Touch toe weight bearing for 5-7 days, advance to heel-toe partial weight bearing for 4 weeks</p>	<p>Advance to full ROM as tolerated. May use CPM if ordered: 0-30, Advance as tolerated. Circumduction exercises. Manual mobilization.</p> <p>No hyperextension hip exercises to protect the capsule.</p>	None	<p>Heel slides, quad sets, straight leg raises. OK to do pool therapy once incisions fully healed. Biking, low resistance, with the seat up high. Isometric core, gluteal, quad, hamstring, adductor, abductor. Mini-squats. Can begin light/gentle hip extension stretches at 4 weeks post-op. Exercises should be adjusted to patient comfort.</p>
4-12 weeks	Weight bearing as tolerated	Full ROM. May begin controlled hyperextension with foot in neutral/IR position.	None	<p>May begin strengthening: core, gluteal, quad, hamstring, adductor, and abductor. Low impact: swimming, increase biking resistance.</p>
>12 weeks	Weight bearing as tolerated	Full ROM.	None	<p>Balance and further strengthening activities. Gradually increase to return to full activities. Anticipate full sporting activities at 4-6 months.</p>

Check Box if Capsular precautions

CAPSULAR INSTABILITY PRECAUTIONS:

- 4 weeks: Keep hip slightly flexed at all times. **Touch Toe Weight Bearing** to avoid extension in stance phase. Sleep with pillows under knee. Avoid any extension, abduction, or external rotation exercises during this time. May do motion in frontal plane.
- 4-12 weeks: Goal is to ambulate comfortably in stance phase. Avoid extension stretching unless extension feels tight in normal walking stance phase.
- 12 weeks: May begin extension stretching

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Patient Name: _____

Surgery Date: _____

Surgery Performed (Circled): _____ Side (Circled): Right Hip Left Hip

Debridement

Labral Repair

Acetabuloplasty

Osteochondroplasty

Capsular Repair

Routine

For Hip Instability

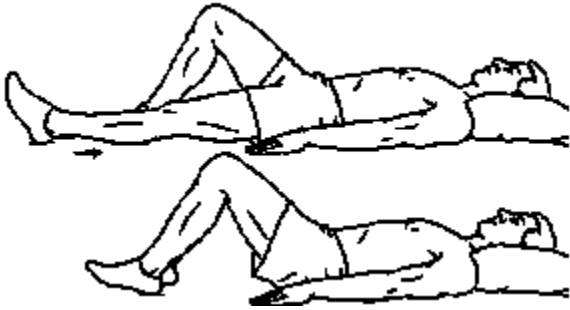
Physical therapy to evaluate and treat for post op hip scope. **Begin 4 weeks post op.**

Notes: _____

MD signature:

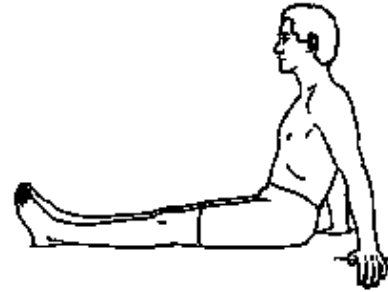
Home Exercise's - Week 1-2 after

Heel Slides



Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

Quad Sets



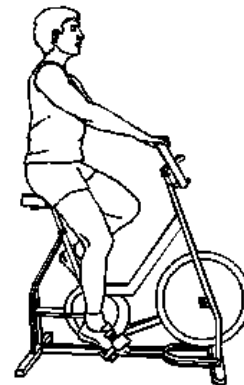
Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

Glute Squeezes



Lying on stomach, contract glute muscles. Hold for 5-10 seconds. Repeat 10 times per set. 1-2 sets per session, 1 session per day.

Stationary Bike



When comfortable begin activity on a stationary bike. Start easy, seat high, no resistance for 10 minutes. Gradually add in more time, but no resistance until later