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Hip Arthroscopy (Impingement)

Surgery:

2 hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for pain control

Goals:

Re-Shape hip to remove impingement,
Repair labrum and cartilage if torn

Repair/reconstruct hip capsule in patients with prior hip surgery

Decrease pain/Improve Function

General Timeline After Surgery

0-4 weeks Post-Op –

Toe touch weight bearing with crutches for 1-2 weeks then weight bear as tolerated with crutches. No stretching of the hip. Ok for quad sets and straight leg raises.

Begin Physical Therapy 4 weeks post-op

4-12 weeks Post-Op –

Weight bearing as tolerated

Ok to gently stretch the hip until a normal gait is obtained

Work on core, gluteal, quad, hamstring, adductor, and abductor strengthening

Ok for swimming and biking, no running.

3-4 months Post-Op –

Full range of motion. Full weight bearing.

Work on balance and strengthening.

Begin light jogging at 3 months and gradual return to full activities at 4-6 months

Additional restrictions if a hip capsule reconstruction is performed

Maintain hip slightly flexed at all times for 4 weeks

Maintain strict toe touch weight bearing with crutches for 4 weeks

No stretching the front of the hip until 12 weeks post-op

Typical post-op appointments at 4 weeks, 4 months, 1 year post-surgery

Dr. Todd's Contact Information

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