



HEALTH

UNIVERSITY OF UTAH

Stephen K. Aoki, MD

University Orthopaedic Center & Primary Children's Medical Center

FEMOROACETBULAR IMPINGEMENT (HIP)

Surgery:

- 1.5 - 2.5 Hours Long
- 2-3 Incisions the size of a button shirt hole
- Same Day Surgery

Surgical Goals:

- Repair/Clean Cartilage & Labrum
- Improve the shape of the joint
 - Decrease Pain
 - Improve Function

General Timeline After Surgery:

- 0-4 weeks Post-Op: Advance to full motion as tolerated.
 - Follow crutch and weight bearing instructions given to you on the day of surgery
- On the day of surgery a range of motion and ice machine are available to help recovery
 - If you have any questions about these devices please call the number on the machine
- **Start formal Physical Therapy 2 weeks after surgery date**
 - **Find a physical therapist that's close to home and covered by insurance**
- 0-3 Months Post-Op: Concentrate on activities in life that you "have" to do (errands, work, etc)
- 3 Months Post-Op: Light Sports Activities (jogging, outdoor biking, swimming, golf)
- 4-6 Months Post-Op: Return to Sports—As long as hip is comfortable—Modify activities that increase your pain or discomfort.
- **Typical Post-Op Appointments: 4 weeks, 4-6 months, and 1 year out from surgery date**

Dr. Aoki's Team Contact Information: **FOR MORE INFORMATION VISIT WWW.AOKIMD.COM**

Clinic/Pre & Post-Op Questions

Phone: 801-587-2557 Email:
reed.omdal@utah.edu

Clinic/Appointment Questions

Phone: 801-587-7487
Email: angel.waddoups@utah.edu

Clinic Fax Number: 801-587-3990

Surgery Scheduling

Primary Children's: 801-662-5607
UUOC: 801-587-7187