

HIP ARTHROSCOPY REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	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>Can begin light/gentle hip extension stretches at 4 weeks post-op.</p> <p>No hyperextension hip exercises to protect the capsule.</p>	<p>Heel slides, quad sets, straight leg raises. OK to do pool therapy once incisions fully healed (3-4 weeks). Biking, low resistance, with the seat up high. Isometric core, gluteal, quad, hamstring, adductor, abductor. Mini-squats. 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.	<p>May begin strengthening: core, gluteal, quad, hamstring, adductor, and abductor. Low impact: swimming, increase biking resistance.</p> <p>May perform elliptical at 6-8 weeks, short strides.</p>
>12 weeks	Weight bearing as tolerated	Full ROM.	Balance and further strengthening activities. Gradually increase to return to full activities. Anticipate full sporting activities at 4-6 months.

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

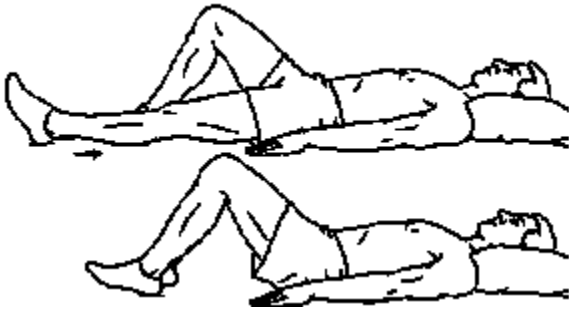
Physical therapy to evaluate and treat for post-op hip scope. Begin ~2 weeks post-op.

Notes: _____

MD signature:

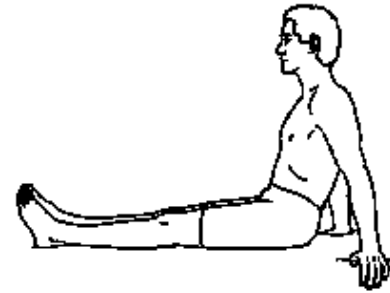
Home Exercises - Weeks 1-2 after surgery

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



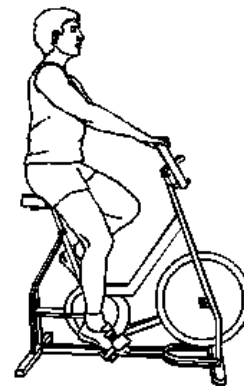
Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

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