

Hip Arthroscopy

Brent T. Warner, MD

For questions or concerns please contact:
651-968-5796



SUMMIT ORTHOPEDICS

REHABILITATION PROTOCOL

<u>PHASE I:</u> 0 – 3 WEEKS <u>IMMOBILIZATION/ CRUTCHES</u>	<u>PHASE II:</u> 4 – 6 WEEKS <u>IMMOBILIZATION/ CRUTCHES</u>	<u>PHASE III:</u> 7 WEEKS – 3 MONTHS <u>IMMOBILIZATION/ CRUTCHES</u>	<u>PHASE IV:</u> 3 - 6 MONTHS <u>IMMOBILIZATION/ CRUTCHES</u>
Hip brace x 2 weeks 20lb weight bearing with crutches CPM 4 hours total/day	Gradually discontinue crutch use Normalize gait pattern	Full weight bearing without relying on crutches Normal gait pattern	Full weight bearing without relying on crutches Normal gait pattern
<u>RANGE OF MOTION:</u> Abd: 45 Flexion: as tolerated, pain free and no pinching sensation No Extension or ER AVOID hip flexor irritation	<u>RANGE OF MOTION:</u> Progress to full pain free range of motion	<u>RANGE OF MOTION:</u> Full pain-free range of motion	<u>RANGE OF MOTION:</u> Full pain-free range of motion
<u>THERAPEUTIC EXERCISES:</u> Week 1: Stationary bike (no resistance, high seat, no recumbent bike), log rolls, hip circumduction, seated or long sitting hamstring stretch, isometrics (TA/obliques/multifidi first then special focus on glutes and abductors), prone lying 2-3 hours per day, CPM 10-45 degrees Week 2: continue all from week 1, quadruped cat camel, standing abd with IR, quadruped rockback with posterior pelvic tilt, quadruped hip extension within motion limitations, quadruped bird dogs. CPM 10-60 degrees Week 3: Continue all exercises from week 1 and 2, double leg bridges, stool rotations, physioball rollouts CPM 10-70 degrees	<u>THERAPEUTIC EXERCISES:</u> Week 4: Progress to full weightbearing, stationary bike – no resistance, double leg bridges with abduction, ½ kneeling weight shifts, ½ kneeling single arm row/extension, hip hikes, standing hip abduction ISOMETRICS, CPM 10-80 degrees Week 5: sidelying clams, standing lateral and forward/backward weight shifts, SL stance and balance, quadruped fire hydrant, ½ kneeling upper body lifts/chops, ¼ squats, forward step ups Week 6: Forward shift to RDL, plank, therapy ball hamstring curls, side step ups, split lunge, Y balance	<u>THERAPEUTIC EXERCISES:</u> Advance exercises from Phase I and Phase II, bridge with alternating knee extension, side stepping in squat, double leg bodyweight squats, single leg ¼ squat, lunges, side plank, resisted stool rotations, Elliptical, resisted biking, Phase II sports test at 3 months	<u>THERAPEUTIC EXERCISES:</u> Running progression, safe return to sport or functional activities, balance squats with rotations, lunge with trunk rotations, single plane agilities Week 16: begin advanced/multidirectional agilities, transition to single leg plyos

To reference all exercises and more information on hip arthroscopy visit this website:

<http://www.summitortho.com/services/hip/hip-arthroscopy/>