

HIP ARTHROSCOPY REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 1-2:	<ul style="list-style-type: none"> 50% Partial Weight Bearing with crutches 	<ul style="list-style-type: none"> Wear brace at all times for first 2 weeks except for exercises and hygiene Wear brace at night 	<ul style="list-style-type: none"> Avoid pinching feeling with ROM Flexion: 0-90° Extension: 0° (avoid hyperextension) Abduction: 30° IR in 90° of flexion: Neutral ER in 90° of flexion: 30° 	<ul style="list-style-type: none"> Exercise bike without resistance immediately (POD#1 if possible) Isometrics: Quad setting, gluteal setting, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening Prone lying STM mobilization, scar massage No joint/capsular mobilizations
WEEK 3-6:	<ul style="list-style-type: none"> Transition to full weight bearing 	<ul style="list-style-type: none"> Transition away from brace 	<ul style="list-style-type: none"> As tolerated within pain free ROM 	<ul style="list-style-type: none"> Avoid straight leg raises (flexion) to prevent post-operative hip flexor tendonitis Continue to protect repaired tissue, avoid joint/capsular mobilizations Restore hip ROM Restore normal gait pattern Weight shifting Step over small obstacle on non-operative leg emphasizing hip extension on operative leg Emphasize gluteus medius strengthening (clamshells, side lying abduction) Stationary bike without resistance – add resistance at Weeks 5-6

WEEKS 6-12:	• Full	• None	• Full	<ul style="list-style-type: none"> • Begin straight leg raises (flexion) • Continue to protect repaired tissue, avoid joint/capsular mobilizations • Progress gluteus medius strengthening (single leg balance on foam pad, then bosu ball, side steps with therband) • Stationary bike with resistance • Slide board if without pain • Crab / Monster walk
WEEKS 12+:	Full	None	Full	<ul style="list-style-type: none"> • Treadmill walking, progressing to jogging if tolerated • Single leg squats • Lunges • Side planks • Plyometrics • Sport Specific Training if hip strength 80% of contralateral side • Return to sport 4-6 months if cleared by MD