

**HIP ARTHROSCOPY PROTOCOL
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PHASE I: 0-4 WEEKS

ROM

Labral Repair / Capsular Repair:

Flexion 90 degrees x 10 days
Ext, IR 0 degrees x 3 weeks
Abduction 25 degrees x 3 weeks
IR r No limits

Osteoplasty / Microfracture

Flexion 90 degrees x 10 days
Ext, IR No limits
Abduction No limits
IR No limits

WEIGHTBEARING

Labral Repair / Capsular Repair / Osteoplasty

PWB (20lbs.) x 4 weeks

Microfracture

PWB (20lbs.) x 6 weeks

MODALITIES

Cryotherapy and e-stim as needed for pain and swelling

THER-EX

Precautions

Do not push through pain
Maintain ROM restrictions
Maintain Weightbearing restrictions

Week 1

Ankle pump, quad sets, glut sets
Stationary bike within ROM restrictions
Passive ROM (emphasize IR), passive supine hip roll (IR)
Piriformis stretch

Week 2

Heel Slide
Quadrapped rocking
Hip Abd/Add isometrics
Uninvolved knee to chest
Prone IR/ER isometrics

Week3

3 way leg raise (abd, add, ext)

Week 4

Sidelying clams (ER)
SLR
Leg press (limited weight)

PHASE II: 5-8 weeks

ROM

Labral Repair / Capsular Repair:

Progress to full

Osteoplasty / Microfracture

Progress to full

WEIGHTBEARING

Labral Repair / Capsular Repair / Osteoplasty

WBAT - wean from crutches

Microfracture

PWB (20lbs.) x 6 weeks

THER-EX

Precautions

No ballistic or forced stretching

Avoid hip flexor, adductor or piriformis inflammation

Week 5

1/3 partial squats

Side bridges

Stationary bike with resistance

Multi hip 4 way machine

Single leg balance / stability exercises (foam/dyna disc)

Advanced bridging / lumbopelvic stabilization progression

Week 6

Lateral shuffles

Lateral step down

Single leg partial squats

Eliptical/stairmaster

Week 7-8

Single leg resist rotation with cord

Golf progression

PHASE III 9-13 WEEKS

THER-EX

Precautions

Avoid hip flexor, adductor and piriformis inflammation

No ballistic or forced stretching/strengthening

No contact activities

Week 9

Lunges and lunge with trunk rotation

Side to Side lateral movement against resistance

Forward / Backward resisted stepping

Begin agility drills

Forward / Retro run

Side shuffles

Week 12

Return to running program

Progress agility drills

Forward / Retro run at increasing speeds

Stutter step - smooth forward / backward push off

Side shuffles at increased speed

PHASE IV 13+ WEEKS

THER-EX

Week 13+

Z-cuts

W-cuts

Cariocas

Sport specific drills

Testing 13 - 25 weeks

Based on MD approval

Functional testing

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