

HIP ARTHROSCOPY

(Loose body removal, labral debridement, Chondroplasty, Synovectomy, Ligamentous teres debridement)

Precautions:

- Control weight bearing for 7-10 days
- Protect against excessive forces onto hip joint
- Limit aggressive functional activities until advised by Physician
- Control yourself – do not over do it

I. Phase I – Immediate Postoperative Phase Protective Phase (Day 1 to Week 3)

Goals: Control weight bearing forces immediate post-operative
Gradually restore ROM & Flexibility
Diminish pain and inflammation
Restore muscular strength
Restore normal painfree gait

Day 1 -5:

- Weight Bearing as tolerated 2 crutches for 5-7 days to normalize gait & control post-op pain
- Ankle pumps
- Gluteal sets
- Quad sets
- Hip adduction isometrics (pillow squeezes)
- Heel slides
- AAROM Hip, PROM Hip & Knee
- Pelvic tilts
- Straight leg raises (flexion)
- Seated knee extensions
- Mini-Squats (0-45) - Day 3

Day 5-7:

- Standing Hip Abduction & Adduction
- Mini-Squats (progress to deeper angle)
- Weight shifts
- Standing Hip extension
- Standing knee flexion
- Stationary bicycle (if painfree) high seat
- Double leg bridges
- Supine knee bent trunk rotations

Week 2:

- Continue all exercises listed above
- Continue to perform AAROM & PROM exercises
- Joint mobilizations for pain (oscillations grades I & II)
- Initiate supine hamstring stretches
- Initiate light hip flexor stretch
- Initiate light stretches for hip abd& adductors
- Initiate Resisted Straight leg raises
- Initiate Hip ER/IR seated with theraband
- Progress strengthening program (painfree)

- Walking, ROM exercises, retrowalking, side slides, etc...

Week 3:

- Gradually improve ROM through AAROM, PROM & stretching
- If hip develops stiffness – initiate hip mobilizations (grades III & IV)
- Continue selected exercises listed above
- Initiate knee to chest stretch (single leg)
- Initiate Hip strengthening on 4 way hip machine – perform all 4 directions
- Initiate light leg press (limit ROM to 0-70)
- Progress double leg bridging to single leg bridging
- Initiate planks (2 arms & 2 legged ---may progress to 3 points of support)
- Increase Bicycle duration
- Sidelying clams
- Lunges onto box
- Lateral step ups
- Cup walking (fwd, bwd, & lateral)
- Lateral lunges with sportcord
- Wall squats
- Initiate tilt board squats
- Hamstring curls
- Wall squats with Physioball
- Continue to emphasize hip strengthening
- Emphasize Glut med work (single balance with trunk flexion)

II. **Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 4-6)**

Goals: Restore full painfree motion
 Normalize muscular strength of lower extremity & core
 Gradually increase functional activities

Week 4-5:

- Continue to progress isotonic strengthening program
- Continue all ROM, flexibility & stretching exercises
- May initiate multi-planar stretches (if appropriate)
- Gradually increase time & resistance on stationary bicycle
- Initiate elliptical
- Initiate more proprioception & neuromuscular drills
 - Bosu squats, Biodex stability squats, tilt board, foam etc...
- Initiate Perturbation training
- Continue Hip ER/IR with theraband
- Continue sidelying clams
- Emphasize hip strengthening (4 way isotonic hip machine)
- Leg press
- Step downs, step ups, etc...
- Hamstring curls
- May begin Pool running

Week 5-6:

- Continue all exercises above
- Initiate more functional drills-
 - Lateral lunges, forward lunges, diagonal lunges
 - Walking for time/exercise (gradually increase) ***painfree***
 - Continue with functional pool drills

III. **Phase III – Advanced Exercise Phase (Weeks 7-8)**

Goals: Establish and maintain full ROM

Gradually initiate functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness on previous functional exercises or drills

Weeks 7-8:

- Continue all stretching & flexibility exercises
- If stiff or tight – perform joint mobilization (grades III & IV)
- Leg Press (0-90 degrees)
- Vertical squats (0-60)
- 4 way isotonic hip machine
- Hip ER/IR theraband resistance
- Sidelying clams
- Forward lunges onto box
- Step downs, step ups lateral
- Hamstring curls
- Lateral lunges with sportcord
- Step overs
- Core & Hip drills:
 - Double & single leg bridges
 - Bridging on physioball
 - Partial sit-ups on physioball
- Progress bicycle, walking & elliptical machines
- Initiate stair stepping if desired
- Initiate tubing lifts with rotation w/ cable on 1 knee

IV. **Phase IV – Return to Activity Phase (Weeks 8-12)**

Goals: Enhanced muscular strength, power and endurance
Progress functional activities
Maintain hip mobility
Gradually increase demands on hip

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory clinical exam
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness with functional drills &/or activities

Weeks 8-10:

- Continue all exercises listed in previous phase
- Pool running
- Treadmill (walk/run intervals)
- Functional agility drills
 - Backward running
 - Side slides
 - Fast feet drills
 - Cone step overs fast
- May initiate plyometrics for “select patients”
 - 2 legged leg press plyos
 - 2 legged floor side to side plyos
 - 2 legged diagonal floor plyos
 - 2 legged criss cross plyos on floor

- May initiate interval golf program
- May initiate interval sport programs
- Continue proprioception & neuromuscular control drills
- Stability ball rollout with 2 legs

Weeks 10-12:

- Continue all exercises and drills listed above
- Progress running program
- Progress agility drills
- Initiate Sport Specific drills
- Continue isotonic strengthening
- Continue stretching & flexibility program

Criteria to Return to Competition:

- Full painfree ROM & flexibility
- Hip strength equal to opposite side
- Ability to perform sport specific drills at satisfactory level & without pain
- Satisfactory Clinical Exam
- Approval by Physician