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Hip Arthroscopy Post-operative Rehabilitation Protocol

Precautions

Weightbearing:
WBAT x 2 weeks

Brace:
Limit hip flexion to 90°
for 2 weeks

CPM or Stationary bike:
CPM-
Limit hip flexion to 90°
30 min, 3 x daily
Day 1 until PT starts
Stationary bike-
Limit hip flexion to 90°
10 min, 2 x daily
Day 1 until PT starts
No resistance

ROM limits:
Flex: 0-90° x 4 weeks
Ext: 0° x 4 weeks
Abd: 25-30° x 4 weeks
IR: limit by comfort
ER at 90°: 30° x 4 weeks
ER at 0°: 20° x 4 weeks

Sleeping:
ER limiting boots for
first 7 nights

Cardio:
Backward treadmill walk: Wk 4
Stationary bike-**Light**: Wk 5
Elliptical-**Light**: Wks 6-8
Swimming-buoy: Wk 6
Swimming-Freestyle: Wk 8
Running-AlterG: Wk 12
Swimming-Any stroke: Wk 12
Running-progression: Wk 12

	Week																	
Phase 1:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	20
Begin PROM	*	*	*	*	*													
Quad/Glute/TA isometrics	*	*	*	*	*													
Ankle pumps	*	*	*															
Prone Quad stretch	*	*	*	*	*													
PBFR protocol (see outline)	*	*	*	*														
Hip ADD/ABD isometrics			*	*														
Supine heel slides			*	*														
Prone IR/ER with tubing			*	*	*													
Side lying clamshells				*	*	*												
Hip Ext with tubing-PBFR				*	*													
Hip ADD with tubing w-PBFR				*	*													
Hip ABD side lying-PBFR				*	*													
DL bridge-PBFR				*	*	*												
Paloff press					*	*												
Prone plank-elevated					*													
Upper body strength	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Phase 2:																		
Glute med/min warm up					*	*	*	*	*	*	*	*	*	*	*	*	*	*
Long arc quad-PBFR					*	*	*	*	*									
Mini squat progression					*	*												
Leg press-PBFR						*	*	*	*	*								
Split squat progression						*	*	*	*									
1/2 kneeling core exercises						*	*	*	*									
SL bridge-PBFR							*	*	*	*	*							
SL proprioception prog.							*	*	*	*	*	*	*					
Step downs								*	*	*	*							
Phase 3:																		
Copenhagen adductor									*	*	*	*	*					
Pistol squats									*	*	*	*	*					
Trap bar deadlifts									*	*	*	*	*					
Side stepping with bands										*	*	*	*	*				
Monster walks										*	*	*	*	*				
Wall drills										*	*	*	*	*				
Multidirectional lunges										*	*	*	*	*				
Low impact agility											*	*	*	*	*	*	*	
Jumping/Landing prog.											*	*	*	*	*	*	*	
Phase 4:																		
Decel lunges													*	*	*	*	*	
Triple extension drills													*	*	*	*	*	
Plyometrics													*	*	*	*	*	
Resisted Marching													*	*	*	*	*	
Phase 5: Sport Specific																	*	*