

HIP ARTHROSCOPY REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	ROM	THERAPEUTIC EXERCISE
WEEK 1-2:	<ul style="list-style-type: none"> • 50% Partial Weight Bearing with crutches 	<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"> • 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	• 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	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