

## HIP ARTHROSCOPY REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	ROM	THERAPEUTIC EXERCISE
WEEKS 1-2:	<ul style="list-style-type: none"> <li>• 50% Partial Weight Bearing with crutches</li> <li>• <b>For Microfracture:</b> <ul style="list-style-type: none"> <li>○ Touch down weightbearing for 6 weeks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Avoid pinching feeling with ROM</li> <li>• Flexion 0-90°</li> <li>• Extension 0° (avoid hyperextension)</li> <li>• Abduction 30°</li> <li>• IR in 90° flexion: Neutral</li> <li>• ER in 90° of flexion: 30°</li> <li>• <b>For Microfracture:</b> <ul style="list-style-type: none"> <li>○ CPM machine 8 hrs/day for 6 weeks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Exercise bike without resistance immediately (POD#1 if possible)</li> <li>• Isometrics: Quad setting, gluteal setting, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening</li> <li>• Prone lying</li> <li>• STM mobilization, scar massage</li> <li>• No joint/capsular mobilization</li> </ul>
WEEKS 3-6:	<ul style="list-style-type: none"> <li>• Transition to full weight bearing</li> <li>• <b>For Microfracture</b> <ul style="list-style-type: none"> <li>○ Touch down weightbearing for 6 weeks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• As tolerated within pain free ROM</li> <li>• <b>For Microfracture:</b> <ul style="list-style-type: none"> <li>○ CPM machine 8 hrs/day for 6 weeks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Avoid straight leg raises (flexion) to prevent post-operative hip flexor tendonitis</li> <li>• Continue to protect repaired tissue, avoid joint/capsular mobilizations</li> <li>• Restore hip ROM</li> <li>• Restore normal gait pattern</li> <li>• Weight shifting</li> <li>• Step over small obstacle on non-operative leg emphasizing hip extension on operative leg</li> <li>• Emphasize gluteus medius strengthening (clamshells, side lying abduction)</li> <li>• Stationary bike without resistance – add resistance at Weeks 5-6</li> </ul>
WEEKS 6-12:	<ul style="list-style-type: none"> <li>• Full</li> </ul>	<ul style="list-style-type: none"> <li>• Full</li> </ul>	<ul style="list-style-type: none"> <li>• Begin straight leg raises (flexion)</li> <li>• Continue to protect repaired tissue, avoid joint/capsular mobilizations</li> <li>• Progress gluteus medius strengthening (single leg balance on foam pad, then bosu ball, side steps with therband)</li> <li>• Stationary bike with resistance</li> <li>• Slide board if without pain</li> <li>• Crab / Monster walk</li> </ul>

WEEKS 12+:	<ul style="list-style-type: none"><li>• Full</li></ul>	<ul style="list-style-type: none"><li>• Full</li></ul>	<ul style="list-style-type: none"><li>• Treadmill walking, progressing to jogging if tolerated</li><li>• Single leg squats</li><li>• Lunges</li><li>• Side planks</li><li>• Plyometrics</li><li>• Sport Specific Training if hip strength 80% of contralateral side</li><li>• Return to sport 4-6 months if cleared by MD</li></ul>
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