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HIP ARTHROSCOPY w/ LABRAL REPAIR REHAB PROTOCOL

EARLY POST OP (0-2 weeks):

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Flat foot weight bearing with crutches

Dressing on until seen by MD

Heel slides

Gentle AROM and active-assisted ROM only:

NO hip flexion >90 degrees

NO extension

NO External Rotation past 10 degrees

Ok for upright stationary bike (no resistance, use opposite leg mainly to spin operative leg)

PHASE I (2-6 weeks):

GOALS:

Healing of hip/muscles

EXERCISES/RESTRICTIONS:

Advance Weight Bearing from weeks 3-4

Discontinue Crutches and brace once fully weight bearing (goal end of week 4)

Normalize Gait by end of 6 weeks

Hip range of motion program- advance Active and passive ROM as tolerated (avoid excessive extension and external rotation)

Isometrics for Glutes, quads and hamstrings

Avoid iliopsoas irritation

Upright Stationary Bike OK

Modalities OK

PHASE II (6-12 weeks)

GOALS:

Range of Motion to normal

Normalize gait and increase walking tolerance

Improve hip strength

EXERCISES/RESTRICTIONS:

Hip strengthening/CORE/Pilates

Work on hip flexor strength and gluteus/abductors

Stationary Bike OK, can start adding resistance

Elliptical OK

Swimming with freestyle kick OK, water walking OK

Quad/Hamstring Program

No running until after 12 weeks

Begin proprioception training

Scar massage, Modalities

Home Exercise Program

PHASE III (12-20 weeks)

GOALS:

Full ROM

Improve endurance

EXERCISES/RESTRICTIONS:

Return to running progression OK (initiate alternating walk-jog, should have stable single leg squat to start this)

Road Bike OK

Hip strengthening/CORE/Pillates

Modalities OK

Advanced gait/strengthening program

Endurance exercises

Home Exercise Program

PHASE IV (>20 weeks)

GOALS:

Advanced Hip Program

Home exercise program

EXERCISES/RESTRICTIONS:

Pain Free Running

Normal flexibility

Sport-specific drills