

ORTHOPAEDIC SURGERY & SPORTS MEDICINE

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Hip Arthroscopy Protocol Labral Repair/Capsule Repair

Hip arthroscopy rehabilitation program is an evidence-based and soft tissue healing dependent program allowing patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur depending on patient response to treatment. Avoid pain when performing ROM and exercises. Please contact us at 480.659.4811 if you have any questions or concerns.

Phase I: 0-4 weeks	Immediate post-operative phase/Initial exercises
Goals	<ul style="list-style-type: none"> • Protect integrity of repaired tissue • Restore ROM within restrictions • Diminish pain and inflammation • Prevent muscular inhibition
ROM	<ul style="list-style-type: none"> • Labral repair/Capsule repair: Flex 90° x 10 days; Ext, ER 0° x 3wks; Abd 25° x 3wks; IR not limits • Osteoplasty: Flex 90°x10days; Ext, Abd, ER, IR no limits
WB	<ul style="list-style-type: none"> • Labral/Osteoplasty repair/Capsule repair: PWB (≤20 lbs) x 4 wks
Modalities	<ul style="list-style-type: none"> • Cryotherapy • IFC for pain/effusion if needed
<p>Treatment Recommendations</p> <p>Guidelines for progression based on tolerance</p> <p>Criteria for progression to Phase 2:</p> <ul style="list-style-type: none"> • Minimal pain with phase 1 exercise • ROM≥75% of uninvolved side • Proper muscle firing pattern for initial exercises • Progress to phase 2 strengthening exercises once FWB is allowed 	<p>Precautions:</p> <ul style="list-style-type: none"> • Do not push through pain • Maintain ROM restrictions • Maintain WB restrictions <p>Week 1</p> <ul style="list-style-type: none"> • AP, QS, gluteal sets, TS isometrics • Stationary Bike (minimal resistance) • Passive ROM (emphasize IR), passive supine hip roll (IR) • Piriformis Stretch <p>Week 2</p> <ul style="list-style-type: none"> • Aquatic therapy/water walking (recommended) • Heel slides • Quadruped rocking

	<ul style="list-style-type: none"> • Hip abd/add isometrics • Uninvolved knee to ches • Prone IR/ER isometrics <p>Week 3</p> <ul style="list-style-type: none"> • 3 way leg raises (abd, add,ext) • Double leg bridging (with spri band around knees) • Water jogging <p>Week 4</p> <ul style="list-style-type: none"> • Sidelying clams (ER) • SLR • Leg press (limited weight)
Phase II: 4-8 weeks	Intermediate Phase
Goals	<ul style="list-style-type: none"> • Protect integrity of repaired tissue • Restore full ROM • Restore normal gait pattern • Progressively increase muscle strength
ROM	<ul style="list-style-type: none"> • Progress full ROM
WB	<ul style="list-style-type: none"> • Labral repair/Capsule Repair: WBAT-wean from crutches • Osteoplasty WBAT wean from crutches
Modalities	<ul style="list-style-type: none"> • Cryotherapy • IFC for pain/effusion if needed
<p>Treatment Recommendations</p> <p>Guidelines for progression based on tolerance</p> <p>Criteria for progression to Phase 3:</p> <ul style="list-style-type: none"> • Full range of motion • Pain free/normalized gait pattern • Hip Flexion strength >60% of the uninvolved side • Hip adduction, abduction, extension, IR, ER strength >80% of the uninvolved side 	<p>Precautions:</p> <ul style="list-style-type: none"> • No ballistic or forced stretching • NO treadmill • Avoid hip, flexor, adductor or piriformis inflammation <p>Week 4</p> <ul style="list-style-type: none"> • 1/3 partial squats • Side bridges • Stationary bike with resistance <p>Week 5</p> <ul style="list-style-type: none"> • Manual long axis distraction (delay 2wks with capsule repair) • Manual A/P mobilizations (delay 2wks with capsule repair) • Hip 4 way / Multi hip machine • Single leg balance/stability exercises (foam/dyna disc) • Advanced bridging/Lumbopelvic stabilization progression <p>Week 6</p> <ul style="list-style-type: none"> • Lateral shuffles (spri band) • Euroglide skaters

	<ul style="list-style-type: none"> • Single leg partial squats • Eliptical runner/Stairmaster <p>Week 7-8</p> <ul style="list-style-type: none"> • Single leg resisted rotation with cord • Golf progression
Phase III 9-13 weeks	Advanced Phase
Goals	<ul style="list-style-type: none"> • Restoration of muscular endurance/strength • Restoration of cardiovascular endurance • Optimize neuromuscular control
Modalities	Cryotherapy 15 min 1x/day or after strenuous activity
<p>Treatment Recommendations</p> <p>Criteria for progression to phase 4:</p> <ul style="list-style-type: none"> • Hip flexion strength >70% of uninvolved side • Hip add, abd, ext, IR/ER strength >80% of uninvolved • Cardiovascular fitness equal to preinjury level • Demonstration of initial agility drills with proper body mechanics 	<p>Precautions:</p> <ul style="list-style-type: none"> • Avoid hip flexor, adductor and piriformis inflammation • No ballistic or forced stretching/strengthening • NO treadmill use • No contact activities <p>Week 9</p> <ul style="list-style-type: none"> • Lunges and lunges with trunk rotation • Side to side lateral agility with sportcord • Forward/Backward sportcord running • Begin agility drills • Forward / retro run • Side shuffles <p>Week 12</p> <ul style="list-style-type: none"> • Return to running program • Progress agility drills • Forward/retro run (increase speed) • Stutter step – smooth forward/backward push offs • Side shuffles (increase speed) <p>Sports Specific Training</p> <ul style="list-style-type: none"> • Restoration of muscular endurance / strength • Restoration of cardiovascular endurance • Optimize neuromuscular control / balance / proprioception
Phase IV 13+ weeks	
Treatment Recommendations	<p>Week 13+</p> <ul style="list-style-type: none"> • Z – cuts • W – cuts • Cariocas • Sports specific drills

