

heekin orthopedic S P E C I A L I S T S

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HIP ARTHROSCOPY PHYSICAL THERAPY PROTOCOL

Preoperative Visit

- Discuss role of Physical Therapy post-operatively
- Teach normal heel-toe gait with crutches on level surfaces and stairs
- Instruct in knee strengthening, ROM, and stretching exs (post-op protocol)
- Discuss importance of post-op portal site management to prevent adhesions/pain
- Schedule postoperative follow-up

Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.

Phase I (0-1 week)

- Weight-Bearing as tolerated
- Isometric quad/glut/HS/adductor/abductor sets
- AAROM-heel slides with sheet, supine hip ab/adduction
- Bridging
- Weight-shifting
- Single leg balance
- Standing hip ab/adduction, flex, ext (unaffected limb) without resistance-closed chain
- Grade I to II inferior/posterior mobs. for pain

Phase II (2-3 weeks)

- Progress to ambulation without crutches with normal gait
- Continue ROM with gradual end range stretch (aggressive stretch is not necessary)
- Single leg bridging
- Stationary bike if tolerated
- Pool exercises
- Begin Lumbar Stabilization

Phase III (4-6 weeks)

- Continue stretching
- Mini-squats
- Leg press
- Lunges
- Step-ups
- Closed chain hip flex/ext/ab/adduction-unaffected limb resistance
- Stairmaster/Cross-trainer

Phase IV (6+ weeks)

- Gradual progression to full functional activities
- Begin jogging when pain free, normal gait.