



Jordan M. Meiss, MD

Hip Arthroscopy

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 Start POD2 PT 2x/week HEP daily	Protect incisions/repair Early ROM with bike Gait training PWB with crutches Scar massage Modalities PRN	PWB (50%) No hip ER >20° No hip flexion >90° No hip Abduction >45° Avoid ROM that causes pain Avoid iliopsoas tendonitis (resisted hip flexion, SLRs)	Bike upright with no resistance for 20 min per day (up to 2x per day) ROM as tolerated within defined limits Hip isometrics (no flexion) Pelvic tilts Supine bridges Supine hip log rolling NMES to quads with short arc quad exercises Sustained stretching for psoas with cryotherapy
Weeks 2-4 PT 2-3x/week HEP daily	Continue with previous Progress WB Wean crutches Progress hip ROM Progress core strength Progress hip strength	Progress to WBAT with crutches (week 2) Wean off crutches (2->1->0) weeks 3-4 if gait normalized Avoid heavy hip flexor strengthening	Continue previous Gait training per WB restrictions Progress hip ROM Glute/piriformis stretching Progress core strengthening Step downs Clam shells Hip hiking Proprioception/balance board Bike (progress time/resistance) Bilateral cable column rotations
Weeks 4-8 PT 2-3x/week HEP daily	Continue with previous Introduce elliptical Progress ROM Progress LE strengthening Progress core strengthening Progress balance	WBAT Avoid heavy hip flexor strengthening	Introduce elliptical ROM – prone hip rotations, hip flexor/glute/piriformis/IT stretch LE strength – hip flexion isotonic, leg prees (progress to unilateral), isokinetic knee flex/ex Core strength – prone/side planks Balance – progress to unilateral and foam Cable column rotations progress to foam Side steps with theraband Hip hiking on stairmaster Treadmill side steps



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<p>Weeks 8-12 PT 1-2x/week HEP daily</p>	<p>Progress hip ROM Progress strength Increase endurance</p>	<p>WBAT Avoid painful activities</p>	<p>Progress ROM Progress LE/core strength Dynamic balance Light plyometrics ART Treadmill walking program (Week 10)</p>
<p>Weeks 12-16+ PT 1x/week HEP daily</p>	<p>Begin running program Progress strength/plyos Sport specific agility</p>	<p>WBAT Avoid painful activities</p>	<p>Begin running program (AlterG if available) Progress strength Advance plyometrics Sports specific agility drills</p>