

Hip Arthroscopy Osteoplasty Protocol

Individual variations will occur depending on patient response to treatment. Avoid pain when performing ROM and exercises. Please contact us at 1-800-362-9567 ext. 58600 if you have 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	<p>Labral repair / Capsule Repair: Flex 90° x 10 days; Ext, ER 0° x 3 wks; Abd 25° x 3 wks; IR no limits</p> <p>Osteoplasty: Flex 90° x 10 days; Ext, Abd, ER, IR no limits</p>
WB	Labral Repair / Osteoplasty / Capsule Repair: PWB (≤20 lbs.) x 4 wks
Modalities	<p>Cryotherapy</p> <p>IFC for pain/effusion if needed</p>

<p>Treatment</p> <p>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 \geq 75 % of uninvolved side Proper muscle firing patterns for initial exercises Progress to phase 2 strengthening exercises once full WB is allowed 	<p>Precautions:</p> <ul style="list-style-type: none"> Do not push through pain Maintain ROM restrictions Maintain WB restrictions <ul style="list-style-type: none"> • Week 1 <ul style="list-style-type: none"> AP, QS, gluteal sets, TA isometrics Stationary Bike (minimal resistance) Passive ROM (emphasize IR), passive supine hip roll (IR) Piriformis Stretch Aquatic Therapy / Water walking (recommended) • Week 2 <ul style="list-style-type: none"> Heel slides Quadruped Rocking Hip Abd/Add isometrics Uninvolved knee to chest Prone IR/ER isometrics • Week 3 <ul style="list-style-type: none"> 3 way leg raises (abd, add, ext) Double leg bridging (with spri band around knees) Water jogging • Week 4 <ul style="list-style-type: none"> Sidelying clams (ER) SLR Leg press (limited weight)
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