



## PHYSICAL THERAPY SECTION

### HIP ARTHROSCOPY

*Revised August 2008*

#### **Post-op Days 1 – 7**

Crutches – weight bearing as tolerate (WBAT), D/C when gait is normal

**All exercises must be performed in pain-free range**

Heel slides, AAROM, PROM – Limit flexion to 90 degrees

Calf pumping

Electrical stimulation in full extension with quad sets

Quad sets, Co-contractions quads/hamstring

Short arc quads

Glut sets

Adductor isometric sets (squeeze pillow between legs)

Abductor isometric sets (belt around thighs, push out)

Stationary bike for range of motion (ROM) – No Resistance

#### **Goals**

Pain control

Hip ROM 0-90 degrees flexion

#### **Days 7 – 14**

Crutches – D/C if gait is normal

Continue appropriate previous exercises

**All exercises must be performed in pain-free range**

AAROM, AROM through full range as tolerated

– Rocking to heel in quadruped position

– Prone lying and gentle prone press ups

Standing Straight leg raise (SLR) x 4 directions

Weight shifts and Mini-squats in parallel bars

Heel raises – Double leg to single leg

Core stabilization exercise

– Double leg bridging exercises – neutral pelvis

– Transverse abd contractions

Stationary bike for ROM – Minimal resistance

Pool therapy – Chest deep running, aqua-jogger

#### **Goals**

Full hip ROM

Normal gait

#### **Weeks 2 – 4**

Continue appropriate previous exercises

SLR x 4 on mat

Wall squats, Total gym

Forward, retro and lateral step downs (2-4" step)

Leg press (up to ¼ body weight)

HS curls – Closed chain (carpet drags or rolling stool)

Proprioception ex – Double to single leg BAPS

Core stabilization exercises

– Single-leg bridging (on affected side)

– Crunches

Stationary bicycle for progressive resistance and time

Elliptical trainer

Pool therapy – Waist deep running

Stretches – Hamstring, Hip Flexors, ITB

**Goals**

No pain with stair climbing  
Walk 1 mile at easy pace

**Weeks 4 – 6**

Continue appropriate previous exercises  
Standing SLR x 4 with Theraband bilaterally  
Hamstring curls weight machine  
Knee extension weight machine  
Leg press (up to ½ body weight)  
Proprioception exercise – Single leg ball toss and body blade  
Core stabilization exercise  
    – Side bridging  
    – Plank (hold push-up position on elbows)  
Treadmill – Walking progression program  
Stairmaster  
Pool therapy – Unrestricted  
**Goal – Walk 2 miles at easy pace**

**Weeks 6 – 8**

Continue appropriate previous exercises with progressive resistance  
Forward, retro and lateral step downs (med to large step)  
Hip weight machine x 4 directions  
Hip rotation in weight bearing (closed chain) with hip machine, cables/cord  
Functional training – Fitter, slide board  
Treadmill – Walking progression approaching 15 min/mile pace  
Quad stretches  
**Goal – Walk 2 miles at 15 min/mile pace**

**Months 2 – 3**

Continue appropriate previous exercises  
Advanced core stabilization exercise  
    – Sit backs  
    – Quadruped swimmer  
    – Double leg lower  
    – Physioball  
Push-up progression  
Treadmill – Running progression program  
Pool – Begin swimming laps  
**Goal – Run 2 miles at easy pace**

**Months 3 – 4**

Continue appropriate previous exercises  
Sit-up progression  
Agility drills / Plyometrics  
Transition to home / gym program

**Goals**

Return to all activities  
Pass APFT at 6 months post-op  
***No contact sports until 6 months post-op***