

HIP ARTHROSCOPY PROTOCOL POST OPERATION - REHABILITATION

Exercise	Week	Pre-Op	1	2	3	4	5	6-8	8-10	10-12	12+	16+
Active Range of Movement (pain-free)												
Ankle - dorsiflexion & plantarflexion		✓	✓	✓								
Hip – heel slides, BKFA, 4 pt knee flex, prone int rotation		✓	✓	✓	✓	✓	✓	✓				
Gait Re-education												
Heel/toe and good pelvic alignment			✓	✓	✓	✓	✓					
Stretching (pain-free)												
Hip flexors, gluteal muscles, hamstrings, adductors		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Core												
TrAb setting, relaxed breathing		✓	✓	✓								
Level 1 pilates –hip twist, heel slides, scissors, clam						✓	✓	✓	✓	✓	✓	
4 point knee with leg/arm extension					✓	✓	✓	✓	✓	✓	✓	
Planks (side, forwards, rotating)						✓	✓	✓	✓	✓	✓	
Abdominal curls, mini crunches, Russian twists						✓	✓	✓	✓	✓	✓	
Strength/Control/Functional												
Isometric glutes – static bridge		✓	✓	✓								
Isometric quads (SQ's, SLR, IRQ), adductors		✓	✓	✓								
Isometric hamstrings (static bridge, heel digs)		✓	✓	✓								
Side lying abduction				✓	✓	✓	✓	✓	✓	✓	✓	
Bridging – single leg				✓	✓	✓	✓	✓	✓	✓	✓	
Squats, wall, free weights, unstable surface							✓	✓	✓	✓	✓	
Single leg squats							✓	✓	✓	✓	✓	
Static lunges								✓	✓	✓	✓	
Dynamic lunges									✓	✓	✓	

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Dynamic/Power/Plyometrics												
Lunges – jump lunges with resistance											✓	
Hopping – on/off box/trampette										✓	✓	
Box jumps – bounding											✓	
Cardiovascular Exercise												
Walk		✓	✓	✓	✓	✓	✓	✓				
Stationary bike			✓	✓	✓	✓	✓	✓	✓			
Stepper/cross trainer						✓	✓	✓	✓			
Rower (only if flexion into this range is pain free)							✓	✓	✓	✓	✓	
Jog									✓	✓	✓	
Swimming – walking in water (wounds clean)					✓	✓	✓					
Swimming – aqua jogging (wounds clean)								✓	✓	✓	✓	
Swimming (wounds clean/no breast stroke for 8/52)					✓	✓	✓	✓	✓	✓	✓	
Sport – non-contact										✓		
Sport – contact												✓
Manual Therapy – as required												
Soft tissue mobilization and scar massage				✓	✓	✓	✓	✓	✓			
Physiological mobs				✓	✓	✓						
Accessory mobs (no distraction for 6-8 weeks)							✓	✓	✓	✓	✓	

Rehabilitation Goals

Weeks 1 – 6

- Patient education regarding rehabilitation and expectations
- Initiate manual therapy
- Gait re-education – return to full weight bearing and initiate crutch weaning
- Progress pain-free range of motion and stretching
- Begin core-work
- Full range of movement should be achieved

Weeks 6-12

- Ensure normal gait pattern including use of stairs with reciprocal gait before moving further through rehabilitation
- Promote advanced strengthening and control including dynamic movement and plyometrics
- Before returning to sport, the patient must have: 1) good cardiovascular endurance 2) full range of movement 3) $\geq 80\%$ strength as compared to the other side (hip flexion may be $\geq 70\%$)
- Sports specific drills may be added to the rehabilitation programme
- Begin return to non-contact sport towards the end of this phase

This protocol has been written in collaboration with a Specialist Physiotherapist, taking into account the latest scientific evidence. Thought has also been given to protocols used by other Experts in the field to ensure consistency for patients.

References

1. Stalzer, A., Wahoff, M. & Scanlan, M. (2006). Rehabilitation following hip arthroscopy. Clinics in Sports Medicine; 25(2). Pg 337-357.
2. Distefano, L.J., Blackburn, J.T., Marshall, S.W. & Padua, D.A. (2009). Gluteal Muscle Activation During Common Therapeutic Exercises. Journal of Orthopaedic & Sports Physical Therapy; 39(7). Pg 532-540.