

Basin Orthopedic Surgical Specialists

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**Orthopaedics &
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Hip Arthroscopy

**(includes loose body removal, labral debridement, chondroplasty,
synovectomy and ligamentum teres debridement)**

****Patients should be kept PWB with bilateral crutches for the first 3 weeks after surgery. Weeks 4-6 they can progress to WBAT with bilateral crutches. Discharge crutches after 6 weeks complete OR per MD.**

POST OP WEEKS 1-3:

- Goals:**
- 1. Educate patient on avoiding pain with stretches**
 - 2. PROM to tolerance without pain in all directions (goal of 90 deg hip flexion)**
 - 3. Unweighted AROM pain free in all planes**
 - 4. Start with strengthening for ankle, knee and core and progress to gentle hip strengthening**

Week 1 exercises:

- Ankle pumps
- Glut, quad, hamstring and hip adduction isometrics
- AAROM supine heel slides
- Seated heel raises
- Seated knee extension
- Prone knee flexion
- Standing hip abduction, adduction, extension and flexion without resistance
- Pelvic tilts
- Trunk rotation
- PROM stretching into flexion, abduction, adduction and extension as needed

Week 2 exercises:

- Hip abduction isometrics
- Weight shifts standing with upper extremity support
- 4 way hip theraband resistance on affected side (start w/ very low resistance)
- Double leg bridges
- Modified dead bug (?)
- Superman prone on table
- ¼ mini-squats
- Standing heel raises
- Wall mini-squats (?)
- PROM stretching into hip IR/ER pain-free range
- Pain dominant hip mobilizations grades I, II (straight plane distraction, inferior glides, posterior glides)
- Pool program can be started once sutures are removed and portals/incisions are healed (water walking, ROM, march steps, lateral stepping, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

Week 3 exercises:

- Stationary bike without resistance (no recumbent bike due to increased hip flexion)
- Progress double leg bridges to single leg bridges
- Clamshells in pain-free range
- 3 way leg raises- abduction, adduction and extension
- Light bilateral leg press with isometric adduction ball squeeze (no more than 90 degrees of hip flexion)
- Add leg weights to dead bug exercise
- Quadruped 4 point support, progressing to 3 and 2 points of support (opposite arm, opposite leg lifts)
- Cone walking forward and lateral for balance

POST OF WEEKS 4-6:

Goals: 1. Restore ROM

- 2. Progress strengthening activities for hip and core**
- 3. Discharge crutches after 6 weeks WBAT or per MD**

Weeks 4 and 5 exercises:

- Gradually increase resistance on stationary bike
- Initiate elliptical machine
- Crunches
- BOSU squats
- Multiangle hip machine or 4 way hip with pulley system
- Single leg balance on floor, progressing to unstable surfaces
- Box drill

- Lateral walk with theraband
- Resisted sport cord walking forward and backward
- Pool exercises: start flutterkick swimming, 4 way hip with water weights, step-ups

Week 6 exercises:

- Increase weight on leg press
- Initiate knee extension and hamstring curl strength machines
- Seated hip IR/ER strengthening with theraband
- Manual hip PNF
- Superman over physioball
- Physioball hamstring exercises: straight leg bridge, bent knee bridge, curls

POST OP WEEKS 7-8:

- Goals:**
1. Full painfree ROM
 2. Minimal pain with strengthening exercises
 3. Single leg stance with level pelvis

Weeks 7 and 8 exercises:

- Full squats (avoid the use of heavy weights with squats)
- Single leg stability ball bridges
- Step ups
- Lunges- start single plane and progress to tri-planar lunges
- Single leg body squats
- Theraband walking patterns- monster steps, ½ circles forward and backward (start with band at knee height and progress to ankle height)

POST OP WEEKS 9-11: SPORT SPECIFIC TRAINING IN CLINIC

- Goals:**
1. Single leg minisquat with level pelvis
 2. Cardiovascular fitness equal to preinjury level
 3. Demonstration of initial agility drills with proper body mechanics

Weeks 9-11 exercises:

- Continue current strengthening activities, progressing weight
- Cone touches for balance
- Agility ladder and other agility patterns
- Bilateral plyometrics, progressing to unilateral plyometrics

POST OP WEEK 12 AND BEYOND: SPORT SPECIFIC TRAINING ON FIELD

- Goals:**
1. Running progression
 2. Sport specific drills
 3. Traditional weight training