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Post Operative Hip Arthroscopy Rehabilitation Protocol for Dr. Ryan Nelson Labral Repair With or Without FAI Component

Date of Surgery:

ROM Restrictions:

-Perform PROM in patient's PAIN FREE Range

FLEXION	XION EXTENSION EXTERNAL		INTERNAL	ABDUCTION		
		ROTATION	ROTATION			
Limited to:	Limited to:	Limited to:	Limited to:	Limited to:		
90 degrees x 2	0 degrees x 3	*30 degrees @ 90	*20 degrees @ 90	30 degrees x 2		
weeks (may go	weeks	degrees of hip	degrees of hip	weeks		
higher in the CPM)		flexion x 3 weeks	flexion x 3 weeks			
		*20 degrees in	*No limitation in			
		prone x 3 weeks	prone			

Weight Bearing Restrictions: 20# FOOT FLAT Weight Bearing -for 3 weeks (non-Micro-fracture) -for 6 weeks (with Microfracture) Begin to D/C crutches at 3 weeks (6 wks if MicroFracture is performed). Patient may be fully off crutches and brace once gait is PAIN FREE and NON-COMPENSATORY

PHASE 1

Goal: Protect the Joint and Avoid Irritation PT Pointers:

- -Goal is symmetric ROM by 6-8 weeeks
- -NO Active open chain hip flexor activation
- -Emphasize Proximal Control
- -Manual Therapy to be provided 20-30 minutes/PT session

PHASE 2

Goal: Non-Compensatory Gait and Progression PT Pointers:

- -Advance ambulation slowly without crutches/brace as patient tolerates and avoid any compensatory patterns Provide tactile and verbal cueing to enable non-compensatory gait patterning
- -Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises
- -If MicroFracture was performed, Hold all weight bearing exercises until week 6

Phase 3

Goal: Return the Patient to Their Pre-Injury Level

PT Pointers:

- -Focus on more FUNCTIONAL exercises in all planes
- -Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises -More individualized, if the patients demand is higher than the rehab will be longer

Phase 4

Goal: Return to Sport PT Pointers:

- -It typically takes 4-6 months to return to sport, possible 1 year for maximal recovery -Perform a running analysis prior to running/cutting/agility
- -Assess functional strength and obtain proximal control prior to advancement of phase 4

Dr. I	Nelso	n's H	ip Po	st Op	oerati	ve P	rotoc	col						
Diagnosis:														
Procedure date:							S/P:							
	WEE	K										MONTI	1	
	1	2	3	4	5	6	7	8	10	12		4	5	6
PHASE 1 INITIAL EXERCISES		_	_			,			,		,			_
Passive ROM/Circumduction Standing	•	•	•	•	•	•	•	•						
Ankle pumps w resist	•	•	•											
Heel raises				•	•	•	•	•	•	•		•	•	•
Stationary Bike no resist	•													
Bike w minimal resist		•	•	•	•									
Supine Hip IR ER Knee Ext	•	•	•	•	•	•								
Glute/Quad/Ham sets	•	•	•	•	•	•								
Heelslides	•	•	•	•	•	•								
Supine Hip Flex March			•	•	•	•								
Uninvolved Knee to Chest	•	•	•	•	•	•								
Standing Quad Stretch	•	•	•	•										
Hamstr/Gastroc Supine Stretch	•	•	•	•	•	•	•	•	•	•		•	•	•
Water walking				•	•	•	•	•						
Quadruped Rocking			•	•	•	•	•	•						
Seated Knee Ext/Prone HC			•	•	•	•	•	•						
Bridging		•	•	•	•	•	•	•						
Leg Press or Wall Slide				•	•	•	•	•	•	•		•	•	•
SupineHip IR ER Knee Flex		•	•	•	•	•								
Oblique side raise				•	•	•	•	•	•	•		•	•	•
Crunch with Twist		•	•	•	•	•	•	•	•	•		•	•	•
Crunches	•	•	•	•	•	•	•	•	•	•		•	•	•
Manual Techniques Supine Knee Extended IR/ER	•	•	•	•	•	•								
Manual Techniques Capsular Stretch (As needed)					•	•	•	•						
PHASE 2 INTERMEDIATE EXERCISES										_				•
Double 1/3 Knee Bends					•	•	•	•	•	•		•	•	•
Supine Hip Flexor Stretch Off Table				•	•	•	•	•	•	•		•	•	•
Standing ITB Stretch				•	•	•	•	•	•	•		•	•	•
3 Way Leg Lifts Lying ABD/Ext				•	•	•	•	•	•	•		•	•	•
Lifts Standing ABD/Ext/Flex		•	•	•	•	•	•	•	•	•				
Swimming						•	•	•	•	•		•	•	•
Biking with added Resistance						•	•	•	•	•		•	•	•
Balance exercises						•	•	•	•	•		•	•	•
Bridging with Marches						•	•	•	•	•		•	•	•
Sidelie Hip Rotation IR		•	•	•	•	•	•	•	•			•	•	•
Sidelie Hip Rotation ER			•	•	•	•	•	•	•			•	•	•
Side stepping	_					•	•	•	•			•	•	•
Step ups						•	•	•	•			•	•	•
Elliptical						•	•	•	<u> </u>			•	•	•
PHASE 3 ADVANCED EXERCISES				ı	ı								ı	ı
Lunges	_									•		•	•	•
Water Running	_								•	•		•	•	•
Side to side Agilities	_								<u> </u>	•		•	•	•
Frwd/Backwrd Running									<u> </u>	•		•	•	•
Running Progression		<u> </u>		<u> </u>	<u> </u>	<u> </u>	L		<u> </u>	•	L	•	<u> </u>	•
PHASE 4 SPORTS SPECIFIC TRAINING				1		ı			1					1
Z Cuts	_			<u> </u>			<u> </u>		<u> </u>			•	•	•
Cariocas				<u> </u>			<u> </u>		<u> </u>			•	•	•
Sports Specific Drills	+											•	•	•
Additional Instructions:														
Additional instructions.		_		_		_	_	_	_		_	_	_	
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