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HIP ARTHROSCOPY POST-SURGICAL REHABILITATION PROTOCOL

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

GOAL

- Return to all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****

ADAPTED FROM:

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