

# Physical Therapy Protocol

## Hip Arthroscopy

### Patient Checklist

#### Weightbearing:

- Week 0-2:  
PWB with crutches
- Week 3:  
WBAT & weaning from crutches
- Progress from crutches with normal gait

#### Range of Motion Limits:

- 2 Weeks:  
flexion 90 deg
- Extension:  
0 deg x 3 wk
- Internal Rotation:  
no limit
- External Rotation:  
Avoid for 3 wk after surgery
- Adduction: no limit

#### Questions?

Orthopaedics:  
(603) 650-5133

Rehabilitation Medicine:  
(603) 650-3600

Phase I: 0-2 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Ankle pumps	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Isometrics: abs, gluts, quads, hamstrings	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Stationary bike with no resistance	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Passive ROM/circumduction	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Quadruped rocking	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Bridges	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Stomach stretch (psoas): lie flat on stomach 20 min/day	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Stretching: quads and hamstrings	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Phase II: 2-6 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Stationary bike with resistance			●	●	●	●	●	●	●	●	●	●	●	●
Stool rotations			●	●	●	●	●	●	●	●	●	●	●	●
Additional hip flexor stretching			●	●	●	●	●	●	●	●	●	●	●	●
Gait progression: wean from crutches			●	●	●	●	●	●	●	●	●	●	●	●
Clams			●	●	●	●	●	●	●	●	●	●	●	●
Balance progression			●	●	●	●	●	●	●	●	●	●	●	●
Marching bridges			●	●	●	●	●	●	●	●	●	●	●	●
Resisted hip ext, ABD, ADD			●	●	●	●	●	●	●	●	●	●	●	●
Hip mobilization as needed			●	●	●	●	●	●	●	●	●	●	●	●
Side stepping/forward resisted walking			●	●	●	●	●	●	●	●	●	●	●	●
Lateral step downs			●	●	●	●	●	●	●	●	●	●	●	●
Balance squats			●	●	●	●	●	●	●	●	●	●	●	●
Progress squats			●	●	●	●	●	●	●	●	●	●	●	●
Lunges						●	●	●	●	●	●	●	●	●
Deadlifts						●	●	●	●	●	●	●	●	●

Phase III: 6-12 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running/ Skating Progressions											●	●	●	●
Sport test exercises											●	●	●	●
Plyometrics											●	●	●	●
Basic agility drills											●	●	●	●

Phase IV: 12+ Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Functional sport testing												●	●	●
Multi plane agility												●	●	●
Sport specific drills												●	●	●



# Physical Therapy Protocol

## Hip Arthroscopy

### Phase I: 0-2 Weeks

**Precautions:**

- Crutch Use: Partial WB for two weeks post-op limiting pain
- Brace Use: as indicated by surgeon
- Limit to neutral external rotation for 3 weeks post-op
- No repetitive active hip flexion into pain

**Exercises:**

- Hip PROM through tolerated limits without increasing pain
- Stationary Bike for ROM
- Progressive hip and thigh strengthening
- Proprioceptive training

### Phase II: 2-6 Weeks

**Precautions:**

- Crutch use: WBAT with progressive discharge of crutches as tolerated
- PROM of the hip as tolerated in all planes of motion

**Exercises:**

- Progress hip range of motion as tolerated
- Hip flexor stretching as needed
- Progress strengthening both CKC & OKC
- Progress proprioceptive training

### Phase III: 6-12 Weeks

**Precautions:**

- No pinching/groin pain with exercises

**Exercises:**

- Progress to gym based strengthening
- Begin running progression with clearance
- Progress to sport test exercises
- Begin bilateral low level plyometrics and progress as able

### Phase IV: 12+ Weeks

**Precautions:**

- No pain with running
- Gradual return to unrestricted sports at 24 weeks if following criteria are met:

**Exercises:**

- Progress towards sports activity
- Begin agility drills and sport specific activities as tolerated
- Pass return to sport test

**Questions?**

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