

Dartmouth Hitchcock Medical Center ORTHOPAEDICS

Physical Therapy Protocol

Hip Arthroscopy

| isometrics: abs, gluts, quads, hamstrings • </th <th>Phase I: 0-2 Weeks</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>12</th> <th>16</th> <th>20</th> <th>24</th> | Phase I: 0-2 Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
|--|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Stationary bike with no resistance | Ankle pumps | | | | | | | | | | | | | | |
| Passive ROM/circumduction •< | lsometrics: abs, gluts, quads, hamstrings | | | | | | | | | | | | | | |
| Quadruped rocking Image: Second content of the second content of | Stationary bike with no resistance | | | | | | | | | | | | | | |
| Bridges I </td <td>Passive ROM/circumduction</td> <td>•</td> <td></td> | Passive ROM/circumduction | • | | | | | | | | | | | | | |
| Stomach stretch (psoas): lie flat on stomach 20 min/day I | Quadruped rocking | | | | | | | | | | | | | | |
| Stretching: quads and hamstrings I | Bridges | | | | | | | | | | | | | | |
| Phase II: 2-6 Weeks 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Stationary bike with resistance I <td>Stomach stretch (psoas): lie flat on stomach 20 min/day</td> <td></td> | Stomach stretch (psoas): lie flat on stomach 20 min/day | | | | | | | | | | | | | | |
| Stationary bike with resistance I | Stretching: quads and hamstrings | | | | | | | | | | | | | | |
| Stool rotations I | Phase II: 2-6 Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Additional hip flexor stretching I | Stationary bike with resistance | | | | | | | | | | | | | | |
| ait progression: wean from crutches I | Stool rotations | | | | | | | | | | | | | | |
| Clams I <td>Additional hip flexor stretching</td> <td></td> | Additional hip flexor stretching | | | | | | | | | | | | | | |
| Balance progression I | Gait progression: wean from crutches | | | | | | | | | | | | | | |
| Marching bridges A | Clams | | | | | | | | | | | | | | |
| Resisted hip ext, ABD, ADD I | Balance progression | | | | | | | | | | | | | | |
| Hip mobilization as needed I | Marching bridges | | | | | | | | | | | | | | |
| Side stepping/forward resisted walking I | Resisted hip ext, ABD, ADD | | | | | | | | | | | | | | |
| Lateral step downs I | Hip mobilization as needed | | | | | | | | | | | | | | |
| Balance squats I < | Side stepping/forward resisted walking | | | | | | | | | | | | | | |
| Progress squats I | Lateral step downs | | | | | | | | | | | | | | |
| Lunges I <td>Balance squats</td> <td></td> | Balance squats | | | | | | | | | | | | | | |
| Deadlifts 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Phase III: 6-12 Weeks 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Running/ Skating Progressions < | Progress squats | | | | | | | | | | | | | | |
| Phase III: 6-12 Weeks 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Running/ Skating Progressions I <td>Lunges</td> <td></td> | Lunges | | | | | | | | | | | | | | |
| Running/ Skating ProgressionsII< | Deadlifts | | | | | | | | | | | | | | |
| Sport test exercises I | Phase III: 6-12 Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Plyometrics I <th< td=""><td>Running/ Skating Progressions</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<> | Running/ Skating Progressions | | | | | | | | | | | | | | |
| Phase IV: 12+ Weeks 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Functional sport testing I | Sport test exercises | | | | | | | | | | | | | | |
| Phase IV: 12+ Weeks 1 2 3 4 5 6 7 8 9 10 12 16 20 24 Functional sport testing Image: Sport testing </td <td>Plyometrics</td> <td></td> | Plyometrics | | | | | | | | | | | | | | |
| Functional sport testing Image: Constraint of the sport testing Image: Constraint of the sport testing Multi plane agility Image: Constraint of the sport testing Image: Constraint of the sport testing | Basic agility drills | | | | | | | | | | | | | | |
| Functional sport testing Image: Constraint of the sport testing Multi plane agility Image: Constraint of the sport testing | Phase IV: 12+ Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Multi plane agility | Functional sport testing | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Sport specific drills | | | | | | | | | | | | | | |

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



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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

| 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 |

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