



# Rehab Protocol

## Hip Arthroscopy

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Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> <li>• Protect the hip and surgical incisions</li> <li>• Recover from swelling and inflammation</li> <li>• Control of post-surgical pain</li> </ul>		
Precautions	<ul style="list-style-type: none"> <li>• Partial-weight bearing on crutches (20kg) for first week</li> <li>• Come off crutches week 2</li> <li>• Do not flex more than 90 degrees</li> </ul>		
Recommendations	<ul style="list-style-type: none"> <li>• Rest and elevate as required</li> <li>• Ice as desired – up to 3 times a day (particularly in the first 72 hours)</li> <li>• Range of motion exercises of ankle</li> <li>• Range of motion exercises of knee</li> <li>• Range of motion exercises of hip</li> </ul>		
Suggested exercises	<ul style="list-style-type: none"> <li>• Stretching:</li> <li>• Supine abduction and adduction</li> <li>• Hip flexion standing and supine (up to 90 degrees)</li> <li>• Seated hamstring stretch</li> <li>• Standing quads stretch</li> <li>• Pendulum movement of the leg when standing</li> <li>• Strengthen:</li> <li>• Static gluteal, Quads and hamstring contractions</li> <li>• Isometric abduction, adduction</li> </ul>		

Phase 1		Week 2 to week 6	
Goals	<ul style="list-style-type: none"> <li>• Free range of motion (not beyond 90 degrees of hip flexion)</li> <li>• Begin strengthening</li> <li>• Return to normal gait</li> <li>• Gain balance</li> </ul>		
Precautions	<ul style="list-style-type: none"> <li>• Do not flex hip more than 90 degrees. Do not couch to floor or sit on floor. Do not squat more than 90 degrees</li> </ul>		
Recommendation	<ul style="list-style-type: none"> <li>• Use the weight of the leg to do exercises and build strength</li> <li>• Short walks</li> <li>• Do not run</li> </ul>		
Suggested exercises	<ul style="list-style-type: none"> <li>• Hip abduction standing – side and back at 45 degrees</li> <li>• Side leg raise – leg straight and leg bent</li> <li>• Supine straight leg raise</li> <li>• Supine and standing leg extensions</li> <li>• Bridging with gluteal contraction</li> <li>• Core strengthening abdominals</li> <li>• Single leg stance exercises for balance and neuromuscular control</li> </ul>		

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	<ul style="list-style-type: none"> <li>• Double calf raise – progress to single</li> </ul>	
<b>Phase 2</b>	<b>Week 7 to week 12</b>	
Goals	<ul style="list-style-type: none"> <li>• Comfortably walk normally</li> <li>• Strengthen</li> <li>• Normal functional daily activities</li> </ul>	
Precautions	<ul style="list-style-type: none"> <li>• No running</li> <li>• No deep squats</li> </ul>	
Recommendations	<ul style="list-style-type: none"> <li>• Resisted strength training of core, gluteals, hamstring, quads, Abductors. Start light and build up resistance.</li> <li>• Allowed to begin flexion greater than 90 degrees if comfortable</li> <li>• NO deeps squats</li> <li>• No rowing machine/erg</li> </ul>	
Suggested exercises	<ul style="list-style-type: none"> <li>• Thermaband exercises for gluteals and abductors</li> <li>• Lunges</li> <li>• Step up, step downs</li> <li>• Squats (limit to 60 degrees if using weights)</li> <li>• Leg press (limit hip flexion to 60 degrees if using weights)</li> <li>• Double calf raise – progress to single</li> <li>• Single leg stance exercises</li> <li>• Bridging</li> <li>• Core strength training</li> <li>• Exercycle, elliptical trainer, swimming</li> </ul>	

<b>Phase 3</b>	<b>3 Months – 6 months</b>	
Goals	<ul style="list-style-type: none"> <li>• Gain full function and strength</li> <li>• Return to sport and recreation activities</li> </ul>	
Precautions	<ul style="list-style-type: none"> <li>• Avoid collision sports or high risk recreational activity until you have completed sport specific exercises and are cleared by physiotherapist or surgeon</li> <li>• Return to vigorous athletic activity as physiology allows (rapid return to rigorous strength training or endurance and speed training can lead to tendinopathies or injury)</li> </ul>	
Recommendations	<ul style="list-style-type: none"> <li>• Achieve full range of motion including high flexion</li> <li>• Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during athletic activity. Neuromuscular control and co-ordination of leg</li> <li>• Long walks</li> <li>• Return to running in sensible progressive time frame</li> <li>• Sport specific training and exercises</li> </ul>	
Suggested	<ul style="list-style-type: none"> <li>• Thermaband exercises for gluteals and abductors</li> </ul>	

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exercises	<ul style="list-style-type: none"> <li>• Lunges</li> <li>• jump up, jump downs</li> <li>• Squats (limit to 90 degrees if using weights)</li> <li>• Leg press (limit hip flexion to 90 degrees if using weights)</li> <li>• Calf raises</li> <li>• Single leg stance exercises, jumps and landing</li> <li>• Bridging</li> <li>• Core strength training</li> <li>• Exercycle, elliptical trainer, swimming</li> </ul>	
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