

Standard Hip Arthroscopy Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-2	<ul style="list-style-type: none"> Protect surgical site Avoid muscle contractures Achieve and maintain good muscle activation in all planes Manage swelling and pain 	<ul style="list-style-type: none"> PWB: 25% WB PROM only ROM limited to: <ul style="list-style-type: none"> Flexion: 90 deg Extension: 0 deg IR/ER to 20 deg in neutral, no rotation in hip flexion Abduction to 30 deg 	<ul style="list-style-type: none"> PRICE Isometrics in all planes Ankle pumps Prone lying, prone knee flexion , and prone rotation as tolerated Initiate bike for ROM: <90 degrees of hip flexion Avoid active lifting of surgical leg for 4 weeks
Weeks 2-6	<ul style="list-style-type: none"> Initiate progressive loading Weaning from assistive device beginning week 3 >75% of full ROM 	<ul style="list-style-type: none"> Progressive weight bearing based on patient symptoms beginning week 3 Discontinue brace once transitioned to full WB AAROM - AROM <ul style="list-style-type: none"> ROM to tolerance in all planes, avoid anterior hip pinching 	<ul style="list-style-type: none"> Quadruped hip flexion mobility Initiate quadriceps, hamstring stretching Initiate OKC uniplanar isotonic to tolerance Initiate double leg CKC exercises to tolerance
Weeks 6-12	<ul style="list-style-type: none"> Ambulate without antalgia Goal is tolerating community ambulation by week 4-6 Full ROM Strength testing 75% of uninvolved at week 12 Y-Balance 	<ul style="list-style-type: none"> No running, jumping, cutting, or pivoting 	<ul style="list-style-type: none"> Hip mobilization may be used Initiate elliptical if desired Progress CKC into greater ROM <ul style="list-style-type: none"> Single leg Multi-planar Progress resistance as tolerated Week 6: FOTO, LEFS
Weeks 12-16	<ul style="list-style-type: none"> Initiate return to jogging Initiate skating Initiate plyometric progressions 	<ul style="list-style-type: none"> Avoid large spikes in workload 	<ul style="list-style-type: none"> Initiate running, skating, and/or plyometric activities with MD approval Begin sport specific tasks Week 12: FOTO, LEFS
Weeks 16+	<ul style="list-style-type: none"> Clearance to full return to sport Strength testing 90% of uninvolved by week 24 	<ul style="list-style-type: none"> Avoid large spikes in workload 	<ul style="list-style-type: none"> Progress sport specific tasks Gradual re-introduction to practice and eventual live game play Week 16-24: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process
 Each patient's progress may vary based on specifics to their injury and procedure
 The following pages provide supplemental direction if needed



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Exercise Specifics Guide

PHASE 1

Goal: Protect the Joint and Avoid Irritation

PT Pointers:

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

Date of surgery:	Week	1	2	3	4	5	6
Stationary bike (20 min, Increase time at week 3 as patient tolerates)	Daily	x	x	x	x	x	x
Soft tissue mobilization (specific focus to the adductors, TFL, Iliopsoas, QL and Inguinal ligament)	Daily (20-30 minutes each session)	x	x	x	x	x	x
Isometrics -quad, glutes, TA	daily	x	x				
Diaphragmatic breathing	daily	x	x				
Quadriped -rocking, pelvic tilts, arm lifts	daily	x	x	x			
Anterior capsule stretches: surgical leg off table/Figure 4	daily	x	x	x	x	x	x
Clams/reverse clams	daily	x	x	x			
TA activation with bent knee fall outs	daily	x	x	x			
Bridging progression	5x/week		x	x	x	x	x
Prone hip ER/IR, hamstring curls	5x/week		x	x	x	x	x



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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

Date of Surgery:	Week	3	4	5	6	7	8	9	10
Progress off crutches starting week 3		x							
Continuation of soft tissue mobilization to treat specific restrictions	2x/week	x	x	x	x	x	x	x	x
Joint Mobilizations posterior/inferior glides	2x/week				x	x	x	x	x
Joint Mobilizations anterior glides	2x/week					x	x	x	x
Prone hip extension	5x/week	x	x	x					
Tall kneeling and ½ kneeling w/ core and shoulder girdle strengthening	5x/week	x	x	x	x				
Standing weight shifts: side/side and anterior/posterior	5x/week	x	x	x					
Backward and lateral walking no resistance	5x/week	x	x						
Standing double leg ⅓ knee bends	5x/week		x	x	x				
Advance double leg squat	5x/week				x	x	x	x	x
Forward step ups	5x/week				x	x	x	x	x
Modified planks and modified side planks	5x/week				x	x	x	x	x
Elliptical (begin 3 min, ↑ as tolerated)	3x/week				x	x	x	x	x



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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

Date of surgery	Week	8	9	10	11	12	16
Continue soft tissue and joint mobilizations PRN	2x/week	x	x	x	x	x	
Lunges forward, lateral, split squats	3x/week	x	x	x	x	x	x
Side steps and retro walks w/ resistance (begin w/ resistance more proximal)	3x/week	x	x	x	x	x	x
Single leg balance activities: balance, squat, trunk rotation	3x/week	x	x	x	x	x	x
Planks and side planks (advance as tolerated)	3x/week	x	x	x	x	x	x
Single leg bridges (advance hold duration)	3x/week	x	x	x	x	x	x
Slide board exercises	3x/week			x	x	x	x
Agility drills (if pain free)	3x/week			x	x	x	x
Hip rotational activities (if pain free)	3x/week			x	x	x	x



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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

Date of surgery	Week	16	20	24	28	32
Running		In Alter G	x	x	x	x
Agility			x	x	x	x
Cutting				x	x	x
Plyometrics				x	x	x
Return to sport specifics				x	x	x



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