



# Mid-America Orthopedics

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## **Hip Arthroscopy Physical Therapy Protocol**

### ***Weight Bearing:***

Labral Debridement requires 2 weeks of FFWB (20%) on the operative leg.

Microfracture, Femoral neck osteoplasty, or Labral repair require six weeks of FFWB on the operative leg.

### ***Concepts:***

The general concept of therapy following hip arthroscopy is that the patient needs to gradually increase from low impact hip exercises to intermediate impact, high (advanced) hip exercises, and finally to sport specific exercises. The timeline is short for a simple labral debridement, and lengthier for other procedures. In general the following guidelines can be used. CPM can be employed for microfracture and labral repairs. ROM restrictions are used with labral repairs.

### **Labral Debridement:**

Weeks 0-2

Initial Exercise

Weeks 2-6

Intermediate Exercises

Weeks 6-12

Advanced Exercises

Weeks 12 and Beyond

Sport Specific

### **Microfracture and/or Femoral Neck Osteoplasty + Labral Debridement**

Weeks 0-6

FFWB x 2 weeks, then 50% WB x 4 weeks

Initial Exercises

Weeks 6-12

Full Weight Bearing achieved over 1-2 weeks

Intermediate Exercises

Weeks 12-18  
Advanced Exercises

Weeks 12 and Beyond  
Sport Specific

## Phase I: Initial Exercises

1

### Ankle Pumps

5 minutes, 3-4 times/day

2

### A. Gluteal Sets

20 repetitions, 1-2 times/day

Tighten buttock muscles on both sides.

### B. Quad Sets

20 repetitions, 1-2 times/day

Tighten thigh muscle until leg is straight.

### C. Hamstring Sets

20 repetitions, 1-2 times/day

Bend knee. Push heel into mat to tighten muscle behind leg.

### D. Transverse abdominal isometrics

10 repetitions, hold 10 seconds, 1-2 times/day

Draw belly button in towards spine. Do not move pelvis. Maintain contraction while breathing. This exercise will be utilized with all advanced exercises to keep core stable.

3

### Stationary Biking with minimal resistance

1-2 times/day, 20 min.

Use your good leg to facilitate the movement of your surgical side.

4

### Passive ROM (assisted)

2 times/day

a. Flexion- lying on your back have partner bend knee toward chest (be aware of ROM restrictions). 1 set, 20 reps.

b. Internal Rotation- lying on your back have partner flex hip to 90°, rotate thigh so that the ankle moves away from the body. 3 sets, 50 reps. Repeat for external rotation (be aware of ROM restrictions). 1 set, 20 reps.

c. Abduction- lying on back with leg straight have partner bring leg away from your midline (be aware of ROM restrictions). 1 set, 20 reps.

d. Prone Internal Rotation- lying on stomach with knee bent to 90°, have partner bring ankle away from the body. 1 set, 20 reps. Repeat for external rotation (be aware of ROM restrictions). 1 set, 20 reps.

e. Extension- lying on your stomach have partner lift leg up from the knee (be aware of ROM restrictions). 1 set, 20 reps.



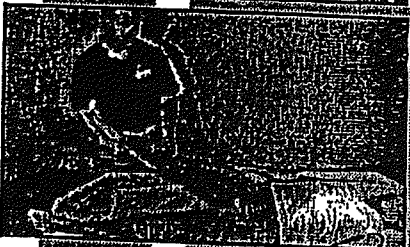
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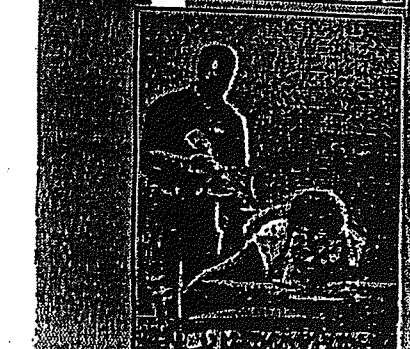
2c



4b



4c



4d

## Phase I: Initial Exercises

11

### Hip abduction/adduction isometrics

10 repetitions, hold 6 seconds, 1-2 times/day

Lying on your back with hip and knees bent place a strap/belt around thighs near knees and push against belt without moving leg. Remove belt and place a ball between legs so they are shoulder width apart. Squeeze ball without moving legs.



11

12

### Uninvolved knee to chest

5 repetitions, hold 20 seconds, 1-2 times/day

Lying on your back pull your uninvolved leg toward your chest keeping involved leg flat on table to feel stretch in front of involved hip.



12

13

### Prone IR/ER (resisted)

20 repetitions, hold 5 seconds, 1-2 times/day

Lying on your stomach with knee bent to 90°, have partner apply resistance at the ankle while you push outward (IR) then inward (ER).



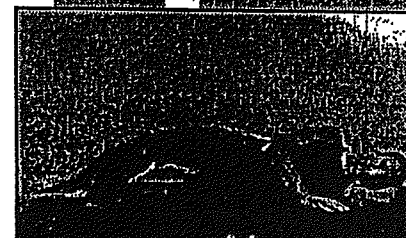
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14

### Side lying Clams

3 sets, 20 repetitions, 1-2 times/day

Lying on your uninvolved side with legs bent 90°; lift top knee towards the ceiling rotating leg outward and keeping feet together.



14

15

### Three way straight leg raises

3 sets, 20 repetitions, 1-2 times/day

a. Lying on uninvolved side, raise top leg up and slightly back without moving your trunk

b. Lying on involved side, top leg crossed over, raise bottom up leg 6-8 inches

c. Lying on your stomach raise your involved leg up 6-8 inches



15a



15b

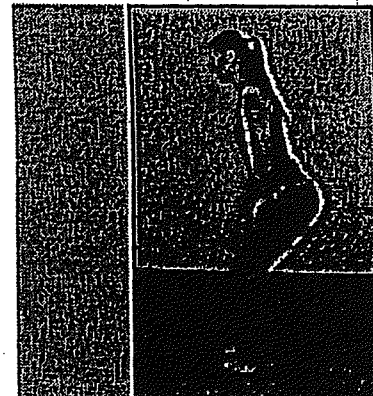
## Phase II: Intermediate Exercises

1

### Double 1/3 knee bends

3 sets, 20 repetitions, 1 time/day

Start with feet shoulder width apart, bend at the knees to 60 degrees. Do not allow knees to go past toes. Progress by using a sport cord for resistance.



1

2

### Side supports

3 sets, 20 repetitions, 1 time/day

Lie on your involved side with your knees bent resting on your elbow. Lift your hips up to a straight line, then slowly lower (to advance perform with legs straight).



2

3

### Stationary biking with resistance

30-45 minutes, 1 time/day

Increase resistance slowly while maintaining 60-80 RPM.

4

### Swimming with fins

10-30 minutes, 3-5 times/week

Place short fins on your feet for resistance. Flutter kick (freestyle) with a kick board.

5

### Manual long axis distraction (Therapist - as needed)

Straight plane caudal glide to stretch inferior capsule.

6

### Manual A/P mobilization (Therapist - as needed)

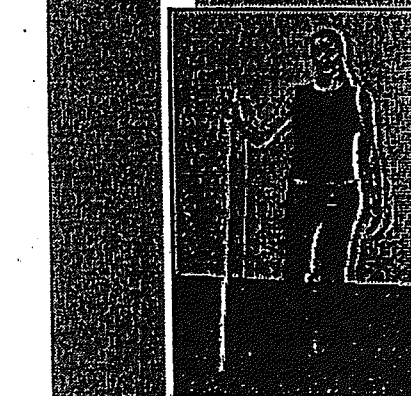
With knee flexed to stretch posterior capsule.

7

### Dyna-disc (single leg stance)

3 sets, hold 30 seconds, 1 time/day

Start with a poles for support, advance by touching the ground @ 9, 10, 12, 1, and 3 o'clock positions).



7

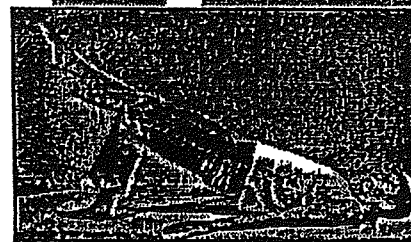
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### Advanced bridging (single leg, swiss ball)

3 sets, 20 repetitions, 1 time/day.

Using only the involved leg, squeeze buttocks and lift hips/trunk slowly.

Lie on your back with both legs on the ball, squeeze buttocks and lift hips/trunk slowly.



8



8

## Phase III: Advanced Exercises

- 1** **Lunges**  
*3 sets, 20 repetitions, 1 time/day*  
 Step forward with your involved leg and transfer your weight forward while lowering your back knee to the floor.

- 2** **Water bounding/ plyometrics**  
*10 sets, 1-2 minutes, 3-5x/week*  
 In chest deep water, perform forward bounding. Focus on absorption when landing.

- 3** **Side to side lateral agility with cord.**  
*3 sets, 50 reps, 3 times/week.*  
 Maintain an athletic stance while stepping / jumping laterally. As you return to the starting position, absorb onto the involved leg. Progress to a lateral jump.

- 4** **Forward / Backward running with cord**  
*3 sets, 1-2 minute intervals, 1 time/day*  
 Jog / run in place, absorbing your weight as you land on each leg. Repeat for one minute. Turn and face the door for the backwards running.

- 5** **Running progression**  
 Start each phase with 10 minutes total of walking/running. Progress to the next phase after completing 20 minutes without pain.

Phase	Walk Run Ratio	Total Time	Frequency
1	4 minutes/1 minute	10-20 minutes	3-4/week
2	3 minutes/2 minutes	10-20 minutes	3-4/week
3	2 minutes/3 minutes	10-20 minutes	3-4/week
4	1 minute/ 4minutes	10-20 minutes	3-4/week

- 6** **Initial agility drills**  
**Chop-Downs / Back Pedaling-** jog forward, stutter step to a stop, absorb and push off smoothly into a back pedal.

**Side Shuffles-** Start with feet shoulder width apart, maintain an athletic stance and shuffle to the right, then back to the left.

