



# Mid-America Orthopedics

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## **HIP ARTHROSCOPY PROCEDURE: Osteoplasty**

### **Day 1-13 Post-op**

- **TTWB 6 WEEKS**
- **ROM:**
  - Flexion: 0-125 by 2 weeks
  - Extension: 0 by week 1
    - **If anterior capsular repair performed, limit hip ext to neutral in prone for 4 weeks.**
  - ER: **Avoid extreme ER for 2 weeks**
    - **If anterior capsular repair performed, limit hip ER to 20 deg. in prone for 4 weeks. ER can be progressed in pain-free range at 90 deg. flexion.**
  - IR no limitations
  - Abduction 0-45 by 2 weeks
- **Exercises:**
  - PROM
  - Isometrics: Quads, Glut max
  - Prone lying (up to 15 minutes)
  - SLR flexion & abd
  - Stationary bike
- **Brace: 20 to 90 deg. flex for 6 weeks post-op**

### **Day 14-27 Post-op**

- **Exercises:**
  - Quadruped rocking
  - Prone hip extension (limit to neutral if capsular repair)
  - Prone hamstring curls
- **Brace: 20 to 90 deg. flex for 6 weeks post-op**

**Day 28-41 Post-op**

- **Exercises:**
  - Standing hip abduction in IR
  - Bridging Progression
  
- **ROM:** Full
- **Exercises:**
  - Low Level Total Gym Squats/Calf Raises
- **Brace: 20 to 90 deg. flex for 6 weeks post-op**

**6 weeks-8 weeks Post-op**

- **Progress to full weight bearing, 25% WB increase every 2-3 days as long as non-painful**
- **Exercises:** begin to progress as tolerated
  - Wall sits
  - Mini Squats
  - Step-ups
  - SLS
  - Lunges
- **Brace: D/C at 6 weeks post-op**

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.