



Mid-America Orthopedics

Dr. John Babb

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HIP ARTHROSCOPY PROCEDURE: LABRAL DEBRIDEMENT

Day 1-13 Post-op

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, re-cover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **WEIGHT BEARING AS TOLERATED**
- **BRACE: 20-90 DEG. FOR 6 WEEKS POST-OP**
- **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 ROM may be progressed in pain-free range while flexed to 90 deg.**
 - 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

Day 14-27 Post-op

- **Exercises:**
 - Quadruped rocking
 - Prone hip extension (to neutral if capsular repair)
 - Prone hamstring curls

Day 28-41 Post-op

- **Exercises:**
 - Standing hip abduction in IR
 - Bridging Progression

6-8 weeks Post-op

- **ROM:** Full
- **Exercises:**
 - Low Level Total Gym Squats/Calf Raises

8 weeks Post-op

- **WB:** full
- **Exercises:** begin to progress as tolerated
 - Wall sits
 - Mini Squats
 - Step-ups
 - SLS
 - Lunges

10-12 weeks Post-op

- **Straight ahead running**
 - Start with 100 yds at half speed on soft level surface
 - Add 100 yds every other day
 - Work up to 1 mile or 1760 yds

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.