

**Travis G. Maak, MD
Sports Medicine
University of Utah Orthopaedics
590 Wakara Way
Salt Lake City, UT 84108**

Tel: 801.587.7109 Fax: 801.587.7112

Rehabilitation for Arthroscopic Osteochondroplasty with Labral Repair

General Guidelines:

- Normalize gait pattern with crutches
- Continuous Passive Motion Machine
 - 4 hours/day or 1 hour if on stationary bike for 2 bouts of 20-30 minutes if tolerated

Frequency of Physical Therapy:

- Seen post-op Day 10-14, ideally
- Seen 1-2x/week for 6 weeks
- Seen 1-2x/week for 6 weeks
- Seen 1-2x/week for 6 weeks (if needed)

Precautions following Hip Arthroscopy:

- Weight-bearing as tolerated. Avoid antalgic gait.
- Hip flexor tendinopathy due to repetitive active hip flexion
- Greater trochanteric pain
- Synovitis
- Manage scarring around portal sites
- Increase range of motion focusing on passive flexion (No resisted hip flexion exercises for first 4 weeks) No hip extension stretching x 12 weeks
 - No active IR, or passive ER greater than 10 degrees (12 weeks)
 - NO HIP MOBS FOR 12 WEEKS POST OP

**Travis G. Maak, MD
Sports Medicine
University of Utah Orthopaedics
590 Wakara Way
Salt Lake City, UT 84108**

Tel: 801.587.7109 Fax: 801.587.7112

- NO HIP EXTENSION OR ER STRETCHING X 12 WEEKS

Guidelines:

- **Weeks 0-4**

- CPM for 4 hours/day, first 10-14 days
- Bike for 20-30 minutes/day (can be 2x/day) as tolerated
- Scar massage
- Hip PROM
 - Hip flexion as tolerated, abduction as tolerated
 - Log roll (Limit ER to 10 degrees with hip in neutral)
 - No active IR
 - No passive ER in 90/90 position past 10 degrees (12 weeks)
- Quadruped rocking for hip flexion
- Gait training WBAT with assistive device, WB restrictions based on pain only. Patient may extend hip with walking for normal gait. AVOID TRYING TO INCREASE HIP EXTENSION THROUGH STRETCHING
- Hip isometrics -
 - Extension (limit to neutral), abduction, adduction, ER. No resisted hip flexion
- Hamstring mobility, Foam Roller okay, limit hip extension to neutral when doing

**Travis G. Maak, MD
Sports Medicine
University of Utah Orthopaedics
590 Wakara Way
Salt Lake City, UT 84108**

Tel: 801.587.7109 Fax: 801.587.7112

- Pelvic tilts, bridges, ½ planks if tolerated
 - NMES to quads with SAQ
 - Modalities
- **Weeks 4-6**
 - Continue to progress previous Ther-Ex
 - Goal of normal gait
 - Supine bridges, ½ planks (pain dependent), hip hikes, etc. Goal is pelvic control.
 - May begin short arc, closed chain strength for LE. Step ups, Mini squats, mini lunge, leg press, hip hinge, etc. Watch for weight shift/compensatory motion. Limit weight/load to 45 pounds for 12 weeks
 - Spinal stability strengthening (avoid hip flexor tendinopathy)
 - Upper body lifts seated or lying down, no weight restrictions.
 - Scar massage
 - Aqua therapy in low end of water
 - Single leg balance as tolerated, multi-directions okay (Star balance)
 - **Weeks 6-8**
 - Continue with previous Ther-Ex
 - Progress with ROM, goal of full ROM, pain-free by 14-16 weeks. Patient may feel tightness with extension and ER. DO NOT PUSH THESE MOTIONS

Travis G. Maak, MD
Sports Medicine
University of Utah Orthopaedics
590 Wakara Way
Salt Lake City, UT 84108

Tel: 801.587.7109 Fax: 801.587.7112

- Continue spinal strength and stability exercises (avoid hip flexor tendonitis).
- Glute strength and lumbar extensor strength
- Continue to progress arc with closed chain strength for LE. Step ups, Mini squats, stationary lunge, hip hinge, leg press, etc.
- **Weeks 8-12**
 - Progress previous Ther-Ex
 - Progressive hip ROM.
 - Progress strengthening LE
 - Hip strength and endurance. Focus glutes and quads - CKC
 - Leg press (single leg eccentrics okay at this time)
 - Continue CKC strength progressing to full arc. May introduce lateral CKC strength as tolerated, no pivoting on hip.
 - May begin increasing to significant resistance on bike. Hills okay.
 - Elliptical, minimal resistance
- **Weeks 12 +**
 - Impact activities okay at this time
 - Progressive LE and core strengthening. May begin linear progression for untrained individuals. No weight restrictions after 12 weeks.
 - May begin stretching of anterior capsule at this time
 - Hip extension stretch, butterfly stretch
 - Endurance activities

**Travis G. Maak, MD
Sports Medicine
University of Utah Orthopaedics
590 Wakara Way
Salt Lake City, UT 84108**

Tel: 801.587.7109 Fax: 801.587.7112

- Dynamic balance activities
- Treadmill running program
- Sport specific agility drills and plyometrics
- Triple extension exercises and Olympic lifts okay at this time.
- **3-6 months Re-Evaluate (Criteria for discharge)**
 - Hip Outcome Score
 - Pain free or at least a manageable level of discomfort
 - Able to deadlift weight equal to body weight (Hex bar okay)
 - NO OPEN CHAIN BIODEX TESTING
 - Single leg crossover hop
 - Figure 8 run

Hip will continue to improve for 18 – 24 months. If there are any issues in the future, feel free to contact 801-587-1473 (Mark)