## Curtis J Kephart, M.D. Hip Arthroscopy Post- Operative Rehabilitation Protocol (Labral Repair and Osteoplasty)

| •                             |   | We | Week |   |   |   |   |   |   |    |    |    |    |  |
|-------------------------------|---|----|------|---|---|---|---|---|---|----|----|----|----|--|
| Patient Checklist             | Phase I: Initial Exercise                     | 1  | 2    | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |  |
|                               | Ankle pumps                                   | •  | ٠    |   |   |   |   |   |   |    |    |    |    |  |
| Weightbearing:                | Gluteal, quad, HS, T-ab isometrics            | •  | ٠    |   |   |   |   |   |   |    |    |    |    |  |
| FFWB x 4 wks                  | Stationary biking with minimal resistance     | •  | ٠    | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
|                               | Passive ROM (emphasize IR)                    | •  | ٠    | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
| (Foot Flat = 20 lbs.)         | Piriformis stretch                            | •  | ٠    |   |   |   |   |   |   |    |    |    |    |  |
|                               | Passive supine hip roll (IR)                  | •  | ٠    |   |   |   |   |   |   |    |    |    |    |  |
| CPM: 4 wks                    | Water walking                                 | •  | ٠    | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
|                               | Quadriped rocking                             |    | ٠    | ٠ |   |   |   |   |   |    |    |    |    |  |
|                               | Standing hip IR (stool)                       |    | ٠    | ٠ |   |   |   |   |   |    |    |    |    |  |
| Bledsoe Brace:                | Heel slides                                   |    | ٠    | ٠ |   |   |   |   |   |    |    |    |    |  |
| $0.00^{\circ} \times 10$ dava | Hip abd/add isometrics                        |    | ٠    | ٠ |   |   |   |   |   |    |    |    |    |  |
| 0 - 90° x 10 days             | Uninvolved knee to chest                      |    | ٠    | ٠ |   |   |   |   |   |    |    |    |    |  |
|                               | Prone IR/ER (resisted)                        |    | ٠    | ٠ | ٠ | ٠ |   |   |   |    |    |    |    |  |
|                               | Sidelying clams                               |    |      | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
|                               | 3 way leg raises (abd, add, ext)              |    |      | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
|                               | Water jogging                                 |    |      | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
| ROM limits:                   | Dbl leg bridges w/tubing                      |    |      | ٠ | ٠ |   |   |   |   |    |    |    |    |  |
| Flex: 90° x 10 days           | Kneeling hip flexer stretch                   |    |      |   | ٠ | ٠ |   |   |   |    |    |    |    |  |
|                               | Leg press (limited weight)                    |    |      |   | ٠ | ٠ |   |   |   |    |    |    |    |  |
| Ext: No Limits                | Short lever hip flexion / Straight leg raises |    |      |   | ٠ | ٠ |   |   |   |    |    |    |    |  |
|                               | Phase II: Intermediate exercises              | 1  | 2    | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |  |
|                               | Double 1/3 knee bends                         |    |      |   |   | ٠ | • |   |   |    |    |    |    |  |
| Abd: No Limits                | Side supports                                 |    |      |   |   | ٠ | • |   |   |    |    |    |    |  |
|                               | Stationary biking with resistance             |    |      |   |   | ٠ | ٠ | ٠ |   |    |    |    |    |  |
| ER: No Limits                 | Swimming with fins                            |    |      |   |   | ٠ | • | • |   |    |    |    |    |  |
|                               | Manual long axis distraction                  |    |      |   |   | ٠ | • | • |   |    |    |    |    |  |
| IR: No Limits                 | Manual A/P mobilizations                      |    |      |   |   | ٠ | • | • |   |    |    |    |    |  |
|                               | Dyna-disc (single leg stance)                 |    |      |   |   |   | • | • | ٠ |    |    |    |    |  |
|                               | Advanced bridging (single leg, swiss ball)    |    |      |   |   |   | • | • | • |    |    |    |    |  |
|                               | Single leg cord rotation                      |    |      |   |   |   |   | ٠ | ٠ | ٠  |    |    |    |  |
|                               | Pilates skaters                               |    |      |   |   |   |   | • | ٠ | •  |    |    |    |  |
|                               | Side stepping                                 |    |      |   |   |   |   | • | ٠ | •  |    |    |    |  |
| Modalities:                   | Single knee bends (lateral step downs)        |    |      |   |   |   |   | ٠ | ٠ | ٠  |    |    |    |  |
| Massage, Active               | Elliptical / Stairclimber                     |    |      |   |   |   |   | • | ٠ | •  |    |    |    |  |
| Release Technique,            | Phase III: Advanced Exercises                 | 1  | 2    | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |  |
| E-stim as needed              | Lunges  |    |      |   |   |   |   |   | ٠ | ٠  |    |    |    |  |
| starting week 3.              | Water bounding / plyometrics                  |    |      |   |   |   |   |   | ٠ | ٠  |    |    |    |  |
|                               | Side to side lateral agility                  |    |      |   |   |   |   |   | ٠ | ٠  |    |    |    |  |
|                               | Fwd/Bkwd running with cord                    |    |      |   |   |   |   |   | ٠ | ٠  |    |    |    |  |
|                               | Running progression                           |    |      |   |   |   |   |   | ٠ | ٠  |    |    |    |  |
|                               | Initial agility drills                        |    |      |   |   |   |   |   | • | •  |    |    |    |  |
| Time Lines:                   | Phase IV: Sports Specific Training            | 1  | 2    | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |  |
|                               | Z-Cuts  |    |      |   |   |   |   |   |   | ٠  | •  | ٠  | ٠  |  |
| Week 1 (1-7 POD)              | W-Cuts  |    |      |   |   |   |   |   |   | ٠  | •  | ٠  | ٠  |  |
| Week 2 (8-14 POD)             | Cariocas                                      |    |      |   |   |   |   |   |   | ٠  | ٠  | ٠  | ٠  |  |
| Week 3 (15-21 POD)            | Ghiardelli's                                  |    |      |   |   |   |   |   |   | ٠  | ٠  | ٠  | ٠  |  |
| Week 4 ( 22-28 POD)           | Sports specific drills                        |    |      |   |   |   |   |   |   | ٠  | ٠  | ٠  | ٠  |  |
|                               | Functional testing                            |    | 1    |   |   |   | 1 | 1 |   |    |    |    | -  |  |

## \*\*\*Recent Changes:

- FFWB is for 3 weeks
- At week 3 the active hip extension should be performed from the quadruped position and not from the prone position
- We no longer do any straight leg raises
- Short lever hip flexion isometrics are now started at 6 weeks if they are pain free
- Mid range multidirectional lunges are started @ 5-6 weeks