

Rehabilitation Guidelines for Hip Arthroscopy

Weeks 0-6: MAXIMAL PROTECTION

- **Goal:** Protect the Joint and Avoid Irritation
- **Restrictions (0-3 weeks):**
 - Weight bearing: 20 pound foot flat weight-bearing x 3 weeks—transition completely off crutches when patients are pain free and demonstrate no signs of compensation
 - Limit flexion to 90 degrees, external rotation to 30 degrees, internal rotation to 20 degrees, and abduction to 30 degrees
 - No active lifting of the surgical leg
 - No sitting greater than 30 minutes
 - Do not push through pain
- **Immobilization** for 3 weeks using post-op brace (ok to remove when reclined).
- **Exercise:**
 - Manual therapy 20-30 minutes/session
 - Stationary bike 20 minutes daily
 - Soft tissue mobilization (adductors, TFL, iliopsoas, QL)
 - Isometrics—guad, glutes, TA
 - Diaphragmatic breathing
 - Quadriped—rocking, pelvic tilts
 - Anterior capsular stretch
 - Clams/reverse clams
 - TA activation
 - Bridge progression
 - Prone ER/IR

Weeks 6-12: MODERATE PROTECTION

- **Goal:** Non-compensatory gait
- **Exercise:**
 - Continue manual therapy/soft tissue mobs, posterior/inferior/anterior glides
 - Prone hip extension
 - Tall kneeling w/ core and shoulder girdle strengthening
 - Backward and lateral walking
 - Standing double leg 1/3 knee bends
 - Double leg ssquat
 - Forward Step ups
 - Modified planks/side planks
 - Ellipitcal—begin 3-5 min and advance as tolerated

Weeks 12-16: MINIMAL PROTECTION

- **Goal:** Functional exercise in all planes
- **Exercise:**
 - Forward/lateral lunges, splits squats
 - Side steps and retro walks with resistance
 - Single leg balance (squat/trunk rotation)
 - Planks/side planks
 - Single leg bridges
 - Slide board exercise
 - Agility drills (pain mediated)
 - Hip rotational activities (pain mediated)

Weeks 16+

- **Goal:** Return to sport
 - It typically takes 4-6 months to return to sport, possible 1 year for maximal recovery
 - Perform running analysis prior to running/cutting/agility
- **Exercise:**
 - Running—start at 4 months post-op, educate patients regard slow return to running, only progress if pain free. May consider Alter G initially.
 - Agility, cutting, plyometrics, and return to sport specific exercise typically starts around 20 weeks post-op.