

Advanced Hip Arthroscopy

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Patient _____
 DOS _____

WEEKS 13-16	WEEKS 17-20	WEEKS 21-24	
<p>With successful passing of week 12 baseline testing, advance to: Continue with previous exercises as needed for strength.</p> <p>Single leg knee bend with tubing in 30°-60° range of knee</p> <p>Balance and Reach</p> <p>Vectors/Clocks/Lateral and Diagonal agility</p> <p>Forward box lunges</p> <p>Double leg squats to 90°</p> <p>Walk-25% speed agility: Low skip Shuffle Grapevine Backpedal</p> <p>Week 16 Functional testing</p>	<p>With successful passing of week 16 testing, advance to:</p> <p>Single leg knee bend, with tubing, focus on endurance, progressing to single leg squats</p> <p>Walk/jog program</p> <p>25-50% Agility</p> <p>Double leg footwork, supported and then unsupported</p> <p>Lateral and Diagonal agility Forward box lunges for endurance</p> <p>Single leg stance on varied surfaces</p> <p>Week 20 Functional Testing</p>	<p>With successful passing of week 20 testing, advance to:</p> <p>Return to running</p> <p>Hopping and jumping program if appropriate -Double leg jump -Single leg hop -Single leg triple hop</p> <p>Ladder work</p> <p>Figure 8</p> <p>Return to work training or sport specific training for 4-6 weeks prior to unrestricted activity.</p>	<p>In the final stages of the protocol, focus on techniques, endurance and avoiding any hip pinching. Patients can be progressed as tolerated, but symptoms should not arise.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>Reviewed April 2014</p>			