

HIP ARTHROSCOPY WITH CHEILECTOMY AND LABRUM REPAIR/DEBRIDEMENT

Patient Checklist :	Phase I: Initial Exercises	week	1	2	3	4	5	6	7	9	13	17	21	25
		Ankle Pumps		•	•									
	Gluteus Slide		•	•										
	→ do standing			•	•	•								
	Isometrics		•	•										
	Stationary Bike with non resistance		•	•	•	•								
	Passive ROM / CIRCUMDUCTION **		•	•	•	•	•	•						
	→ add extension and ER (FABER)					•	•	•						
	Soft tissue massage and scar mobs		•	•	•	•	•	•						
	Passive Stretching: Quad & Piriformis		•	•	•	•	•	•						
	→ add Hip Flexor Stretching				•	•	•	•						
	Deep Water Progression			•	•	•	•	•	•	•				
	Quadruped Rocking			•	•	•								
	Standing Hip IR			•	•	•	•	•	•	•	•	•	•	•
	Resisted Prone IR/ER			•	•	•	•	•	•	•	•	•	•	•
	Lower Abdominal Progression & Transverse Abdominals **		•	•	•	•	•	•						
	Glute Progression **		•	•	•	•	•	•						
	Bridging Progression **				•	•	•	•						
	Leg Press (limited weight)						•	•						
	Gait Progression "crutch weaning" **				•	•								
	Short Arc Quads & VMO Strengthening		•	•										
	Straight Leg Raises w/ Transversus Abd **			•	•									
	Proprioception		•	•	•	•	•	•	•					
	Phase II: Intermediate Exercises		1	2	3	4	5	6	7	9	13	17	21	25
	Balance Progression **			•	•	•	•	•	•					
	Stationary Biking with Resistance				•	•	•	•	•	•				
	Double 1/3 Knee bends				•	•	•	•	•	•				
	Advanced Core Progression				•	•	•	•	•	•				
	→ Pilates Exercises (w/ instructor)						•	•	•	•				
	Manual Mobilizations (w/ PT) **				•	•	•	•	•	•	•			
	Side Stepping							•	•	•	•			
	Elliptical/Stairclimber				•	•	•	•	•	•				
	Single 1/3 Knee Bends(after OK Double Leg)								•	•	•	•		
	→ Lateral step downs								•	•	•	•		
	→ Balance Squats								•	•	•	•		
	MultiDirectional Lunges								•	•	•	•	•	
	Phase III: Advanced Exercises		1	2	3	4	5	6	7	9	13	17	21	25
	Plyometrics Progression										•	•		
	Side to side lateral movement											•		
	Fwd/Bkwd Running w/ cord										•	•		
	Running/Skating/Golf etc progression											•		
	Agility Drills - returning to sport											•		
	Phase IV: High Level Activities		1	2	3	4	5	6	7	9	13	17	21	25
	Functional Sport Testing											•		
	Multi-Plane Agility ** see attached											•	•	
	Sport Specific Drills											•	•	•

Weightbearing:
 FFWB x 3 weeks
 (crutches - 20 lb. WB)

CPM:
 2 weeks
 4-6 hrs/day

Lie on Stomach:
 1-2 hrs 2-3x/day

No external rotation (past neutral) for 3 weeks

ROM Limits:
 Flexion: 90° x 10 days
 Ext: 0° x 3 wks
 Abd: 25° x 3 wks
 ER: 0° x 3 wks
 IR: no limits

Modalities:
 Active Release Technique.
 Ultrasound, and E-Stim as needed starting week 3.

Time Lines:
 Week 1 (1-7 POD)
 Week 2 (8-14 POD)
 Week 3 (15-21 POD)
 Week 4 (22-28 POD)

* Modified from Dr. Marc Safran's post-operative protocol

** = see attached sheets