



From the office of:

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### PHYSICAL THERAPY PROTOCOL NON-SURGICAL HIP REHABILITATION

#### Guidelines:

- Hip isometrics - NO FLEXION
  - ABD/ADD/EXT/ER/IR
- Pelvic tilts
- Supine bridges
- NMES to quads with SAQ with pelvic tilt
- Stool rotations /prone rotations
- Stool stretch for hip flexors and adductors
- Quadruped rocking for hip flexion
- Sustained stretching for psoas with cryotherapy (2 pillows under hips)
- Modalities

#### Weeks 2-4

- Continue with previous treatments
- Glut/piriformis stretch
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening – isotonic all directions except flexion
  - Start isometric sub max pain free hip flexion (3-4 wks)
- Step downs
- Clam shells → isometric side-lying hip abduction (may be done in supine position with Theraband if side lying is painful)
- Hip hiking (week 4)
- Begin proprioception/balance training
  - Balance boards, single leg stance
- Bike / Elliptical
- Bilateral Cable column rotations
- Aqua therapy in low end of water (no treading water) if available

#### Weeks 4-8

- Elliptical
- Continue with previous therex. Progress bike time and resistance.
- Progress with ROM
  - Hip flexor and It-band Stretching – manual and self
- Progress strengthening LE

- Introduce hip flexion isotonic (Be aware of hip flexion tendonitis)
- Multi-hip machine (open/closed chain)
- Leg press (bilateral → unilateral)
- Isokinetics: knee flexion/extension
- Progress core strengthening (avoid hip flexor tendonitis)
  - Prone/side planks
- Progress with proprioception/balance
  - Bilateral → unilateral → foam → dynadisc
- Progress cable column rotations –unilateral → foam
- Side stepping with theraband
- Hip hiking on Stairmaster
- Treadmill side stepping from level surface holding on → inclines (week 4) when gluteus medius is with good strength

### **Weeks 8-12**

- Progressive hip ROM
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities
- Begin light plyometrics

### **Weeks 12 and beyond**

- Progressive LE and core strengthening
- Plyometrics