

Post-Operative Rehabilitation Guidelines

Hip Arthroscopy, Labral Repair, FAI Correction

ROM Restrictions: (perform PROM within pain free ranges)

1. **Flexion:** Limited to 90° for 2 weeks
2. **Extension:** Limited to 0° for 3 weeks
3. **External Rotation:** Limited to 30° at 90° of hip flexion for 3 weeks; 20° in prone for 3 weeks
4. **Internal Rotation:** Limited to 20° at 90° of hip flexion for 3 weeks; no limitation in prone
5. **Abduction:** Limited to 30° for 2 weeks

Weight Bearing Restrictions:

1. 20-pound flat foot weight bearing for 3 weeks

Gait Progression:

1. Begin to discontinue crutches between 3-4 weeks
2. Patient may be **fully off** crutches/brace **only when**: gait is **pain free** and **non-compensatory**

Patient Precautions:

1. **NO** active lifting of surgical leg for ~3-4 weeks – utilize family member/caretaker for assistance
2. **NO** sitting >30-45 minutes at a time for first 3 weeks
3. **DO NOT** push through pain – can skip day of PT or drop down to previous phase if needed

Initial PT Visit Checklist:

1. Instructed in ambulation and stairs with crutches and 20 lb FFWB
2. Upright stationary bike without resistance – 20 minutes daily
3. Instruction on brace application/usage
4. PROM exercises 20 minutes, 2x per day – circumduction, abduction, log rolls
5. PROM restrictions for 3 weeks
6. Prone lying 2-3 hours per day
7. Isometrics – quad/glute sets, TA activation (hold for 5 seconds, 20x each, 2x per day)

Phase I

Goal	Protect the joint and avoid irritation
PT Pointers	Symmetric ROM by 6-8 weeks <ul style="list-style-type: none"> • NO active open-chain hip flexor activation • Emphasize proximal control • Manual therapy to be provided 20-30 minutes per PT session

Phase I Continued

Exercise/Activity	Frequency	Post-Op Week					
		1	2	3	4	5	6
Stationary bike (20 mins, increasing at week 3, as tolerated)	Daily	X	X	X	X	X	X
Soft tissue mobilization (20-30 mins per session) ** Specific focus to the adductors, TFL, Iliopsoas, QL and Inguinal ligament	Daily	X	X	X	X	X	X
Isometrics – quad, glutes, TA	Daily	X	X				
Diaphragmatic breathing	Daily	X	X				
Quadriped – rocking, pelvic tilts, arm lifts	Daily	X	X	X			
Anterior capsule stretches – surgical leg off table/figure 4	Daily			X	X	X	X
Clams/reverse clams	Daily	X	X	X			
TA activation with bent knee fall outs	Daily	X	X	X			
Bridging progression	5x/week		X	X	X	X	X
Prone hip ER/IR, hamstring curls	5x/week		X	X	X	X	X

Phase II

Goal	Non-Compensatory Gait and Progression
PT Pointers	<ul style="list-style-type: none"> • Advance ambulation slowly without crutches/brace a tolerated; avoid any compensatory patterns • Provide tactile and verbal cueing to enable non-compensatory gait patterning • Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises

Exercise/Activity	Frequency	Post-Op Week							
		3	4	5	6	7	8	9	10
Progression off crutches (~3 weeks)	Daily	X							
Soft tissue mobilization (20-30 mins per session) ** Focus to the adductors, TFL, Iliopsoas, QL & Inguinal ligament	2x/wk	X	X	X	X	X	X	X	X
Joint Mobilization – posterior/inferior glides	2x/wk			X	X	X	X	X	X
Joint Mobilization – anterior glides	2x/wk					X	X	X	X
Prone Hip Extension	5x/wk	X	X	X					
Tail / ½ kneeling w/ core & shoulder girdle strengthening	5x/wk	X	X	X	X				
Standing weight shifts: side/side & anterior/posterior	5x/wk	X	X						
Backward / lateral walking w/o resistance	5x/wk	X	X						
Standing double-leg 1/3 knee bends	5x/wk		X	X	X				
Advance double-leg squat	5x/wk				X	X	X	X	X
Forward step ups	5x/wk				X	X	X	X	X
Modified planks / side planks	5x/wk				X	X	X	X	X
Elliptical (begin w/ 3 mins, increasing as tolerated)	5x/wk				X	X	X	X	X

Phase III

Goal	Return to pre-injury level
PT Pointers	<ul style="list-style-type: none"> • Focus more on functional exercises in all planes • Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises • More individualized, if the patients demand is higher, then the rehab will be longer

Exercise/Activity	Frequency	Post-Op Week					
		8	9	10	11	12	16
Soft tissue / joint mobilization as needed	2x/wk	X	X	X	X	X	X
Forward/lateral lunges, split squats	3x/wk	X	X	X	X	X	X
Side steps / retro walks w/ resistance (begin w/ more proximal resistance)	3x/wk	X	X	X	X	X	X
Single leg balance – squat, trunk, rotation	3x/wk	X	X	X	X	X	X
Planks / side planks	3x/wk	X	X	X	X	X	X
Single leg bridges (advance hold duration)	3x/wk	X	X	X	X	X	X
Slide board exercises	3x/wk			X	X	X	X
Agility drills (if pain free)	3x/wk			X	X	X	X
Hip rotational activities (if pain free)	3x/wk			X	X	X	X

Phase IV

Goal	Return to Sport
PT Pointers	<ul style="list-style-type: none"> • It typically takes 4-6 months to return to sport, possibly 1 year for maximal recovery • Perform a running analysis prior to running/cutting/agility • Assess functional strength and obtain proximal control prior to advancement of phase 4

Exercise/Activity	Post-Op Week				
	16	20	24	28	32
Running	Alter G	X	X	X	X
Agility		X	X	X	X
Cutting			X	X	X
Plyometrics			X	X	X
Return to sport specifics			X	X	X

Requirements for Return to Sport/Activities:

1. Full pain-free range of motion symmetrical to opposite side
2. Symmetrical hip strength
3. Stable pelvis
4. Ability to perform sport-specific drills at full speed without pain