

# Hip Arthroscopy

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## Phase 1: Week 1-4

### Precautions:

- ROM precautions: (do not cross your legs, bend past 90°)
  - Hip flexion: 90° x 4 weeks
  - Hip adduction: none x 4 weeks
- Touch Toe Weight Bearing (weight of leg) with the use of crutches x 1-2 weeks
- Wean off crutches after 2 weeks as strength improves
- No active hip flexion X 4 weeks

### Exercises:

- Post-op week 1-2
  - Ankle pumps
  - Gluteal, quad, hamstring, t-ab isometrics
  - Passive ROM (flexion to 90, abduction, and extension as tolerated)
  - Heel slides
  - Hip abd/add (add to neutral) with skate (3 sets of 50 reps)
  - Passive supine hip roll (log roll) (IR)
  - Quadruped rocking (OK as is partial WB)
  - Standing Hip IR (active IR while standing)
  - Uninvolved knee to chest
  - Prone IR/ER (resisted)
  - Double leg bridges with tubing (OK as is partial WB)
  - Leg press (very limited weight)
  - Stationary bike no resistance
- Post-op week 3-4
  - Stationary biking with minimal resistance
  - Water walking
  - Side lying clams
  - 3 way leg raises (SLR, ext, abd)
  - Double leg bridges

### Criteria for progression to the next phase:

- Minimal pain with all Phase I exercises
- Proper muscle firing patterns for initial exercises

### Goals for Phase 1:

- Protect integrity of repaired tissue
- Restore ROM within restrictions
- Diminish pain and inflammation

- Prevent muscular inhibition
- Restore normal gait pattern

### **Phase 2: Week 5-8**

#### **Precautions:**

- Continued ROM precautions
- No treadmill use

#### **Exercises:**

- Side supports
- Stationary bike with gradual increased resistance
- Aquajogging
- Swimming with fins
- Manual long axis gentle distraction
- Manual A/P mobilization
- Advanced bridging

#### **Criteria for progression to the next phase:**

- Hip strength > 50% of the uninvolved side

#### **Goals for Phase 2:**

- Protect integrity of repaired tissue
- Progressively increase muscle strength

### **Phase 3: Week 9-12**

#### **Precautions:**

- No ballistic or forced stretching/ strengthening
- No treadmill use

#### **Exercises:**

- Swimming with fins
- Double knee bends (lateral step downs)
- Elliptical
- Water bounding/ plyometrics
- Side to steps with cord
- Forward/ backward walking with cord

#### **Criteria for progression to the next phase:**

- Hip strength > 70% of the uninvolved side
- Cardiovascular fitness equal to pre-injury level

#### **Goals for Phase 3:**

- Restoration of muscular endurance/ strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control

### **Phase 4: Sport Specific Training; Week 13-24**

#### **Exercises:**

- Side to side lateral agility
- Forward/ backward running with cord
- Z Cuts
- W Cuts
- Cariocas
- Ghiardelli's
- Sport specific drills- increase duration before intensity. Start with slow, controlled activities. Progress as tolerated without pain.

**Criteria for full return to competition:**

- Hip strength > 85% of the uninvolved side
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test