

# HIP ARTHROSCOPY

## CHIELECTOMY &/OR LABRAL REPAIR

### Dr. Safran's Physical Therapy Protocol

	Phase I: Initial Exercises	week	1	2	3	4	5	6	7	9	13	17	21	25	
<b>Patient Checklist :</b>  <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Weightbearing:</b>                      FFWB x 2 weeks                      (Flat Foot - 20 lb)                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>CPM:</b>                      2 weeks                      4-6 hrs/day                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Lie on Stomach:</b>                      1-2 hrs 2-3x/day                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>* IF LABRAL REPAIR:</b>                      * <b>Rotational Boot:</b>                      * When laying on back and not in CPM                      * 18-21 days                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Brace:</b>                      * 0-90 x 10 days                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>* ROM Limits:</b>                      * Flexion: 90° x 10 days                      * Ext: 0° x 3 wks                      * Abd: 25° x 3 wks                      * ER: 0° x 3 wks                      * IR: no limits                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Modalities:</b>                      Active Release Technique.                      Ultrasound, and E-Stim as needed starting week 3.                 </div> <div style="border: 1px solid black; padding: 5px;"> <b>Time Lines:</b>                      Week 1 (1-7 POD)                      Week 2 (8-14 POD)                      Week 3 (15-21 POD)                      Week 4 (22-28 POD)                 </div>	Ankle Pumps 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	•	•	•	•	•	•	•								
<b>Phase II: Intermediate Exercises</b>	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								•	•	•	•				
<b>Phase III: Advanced Exercises</b>	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											•				
<b>Phase IV: High Level Activities</b>	1	2	3	4	5	6	7	9	13	17	21	25			
Functional Sport Testing											•				
Multi-Plane Agility ** see attached											•	•			
Sport Specific Drills											•	•	•		

\*\* = see attached sheets