



WATER POLO

FAI Hip Scope Rehab Progression

Water Based Activities

1. When Sutures Removed (10 -14 days post op): Swim with pull bouy
2. At 6 weeks
 - a. Start Swimming flutter kick every other day, progressing to every day by 8-9 weeks
 - b. Avoid Loading Flexors too much
 - c. Swim without fins (flutter kick / freestyle only)
 - d. Kicking with Kickboard
3. At 10 weeks
 - a. Swim with fins (no breaststroke)
4. No Egg Beaters or Breast Stroke Until 12 weeks Post Op
5. 12 Weeks
 - a. Eggbeater with aqua jogger (if desired). Can also swim breaststroke.
 - b. Progress to Eggbeater without resistance, no aqua jogger.
 - c. Progress to Eggbeater with resistance.
 - i. Can start throwing, beginning with short distance.
 - ii. Breaststroke kick upright (not max effort).
 - d. Eggbeater with jumps (multidirectional) in or out of goal
 - e. Live shots