

## Hip Arthroscopy Procedure: Labral Repair or Debridement & Boney Work

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### ROM RESTRICTIONS AND EXPECTATIONS

<u>Extension</u>	<u>External Rotation</u>	<u>Internal Rotation</u>	<u>Abduction</u>	<u>Flexion</u>
Avoid passive extension x 3 weeks	Avoid extreme ER x 3 weeks	No limitations	0° to 45 ° by 2 weeks	Stop shy of pinch pain

- **Stop shy of pinchy pain with all PROM.**
- **NO straight leg raises in flexion.**

### WEIGHT BEARING RESTRICTIONS

**Toe touch WB 2 weeks, progress to FWB unless otherwise indicated on paper orders**

- 20lbs max foot flat WB
- 3 weeks if older than 50 or osteopenic bone

**DC crutches 3 weeks, when gait is normal and pain free unless otherwise indicated on paper orders**

**If Significant Microfracture: toe touch WB 3-5 weeks as instructed.**

### PHASE I (ROM AND INITIAL STRENGTHENING)

**If microfracture hold activities in shaded boxes (  ) until 6 weeks in all phases**

<b>Date of Surgery:</b>	<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>8</b>
Stationary Bike up to 20 min • <b>Well member for day 1 to 4, progress per patient tolerance</b>	Daily	✓	✓	✓	✓			
Passive ROM / Circumduction • <b>ER limitation see above</b>	Daily	✓	✓	✓	✓	✓	✓	
Isometrics: 2x/day • Quads, Hams, Glute max, Transverse abdominus (TA)	Daily	✓	✓					
Soft Tissue Work/Scar Mobs	Daily	✓	✓	✓	✓	✓	✓	✓
Muscle Stretch: • Quad, Adductor, HS	Daily	✓	✓					
Stomach Stretch • Lie flat on stomach 1 hr min daily (up to 4 hrs total)	Daily	✓	✓	✓	✓			
Quadruped Rocking • Ok with labral repair	Daily	✓	✓	✓	✓			
Reverse Hooklying Butterflies	Daily	✓	✓					
Prone Pendulum IR – add ER at 3 weeks	Daily	✓	✓	✓	✓	✓	✓	
Prone Hamstring curls	Daily	✓	✓	✓	✓			
Bridging			✓	✓	✓	✓	✓	
<b>Start Phase II exercise if no microfracture</b>			✓					
<b>Start Phase III exercise if no microfracture</b>					✓			

Start cardio at 4 weeks if glute strength is adequate, if microfracture wait until 6 weeks

## PHASE II (STABILITY)

Phase II: Stability	Week	3	4	5	6	7	8	10
D/C crutches; start at 3 wks ( <i>non-antalgic gait</i> )	Daily	✓	✓					
Prone Hip Extensions	5x/week	✓	✓	✓				
Prone Pendulum (IR/ER on stomach)	5x/week	✓	✓	✓	✓			
Hooklying Butterflies	5x/week	✓	✓	✓	✓			
Standing Hip Abduction in IR	5x/week		✓	✓	✓			
Pool Therapy	5x/week			✓	✓	✓	✓	✓
Bridging Progression	5x/week	✓	✓	✓	✓	✓		
Supported mini glute squats	5x/week	End of 3	✓	✓	✓	✓		
Butt Back Squat	5x/week		✓	✓	✓	✓	✓	
<b>Start Phase III exercise if no microfracture</b>			✓					

\*If Microfracture hold all WB activities until 4-6 weeks unless otherwise specified

\*Ensure adequate glute max activation/awareness with all hip strengthening exercises

## PHASE III (IF MICROFRACTURE HOLD ALL WB ACTIVITIES UNTIL WK 6)

Phase III: Functional Strengthening	Week	4	5	6	7	8	10	12	16
Leg Press	3x/week	✓	✓	✓	✓	✓			
Single Leg Balance	3x/week		✓	✓	✓	✓	✓		
Box Step Up: Step-to initially	3x/week			✓	✓	✓	✓		
Bosu	3x/week			✓	✓	✓	✓	✓	
Lunges- forward 90 static (walking lunges end of 6 weeks)	3x/week			✓	✓	✓	✓	✓	
Lateral Lunge (static before dynamic)	3x/week			✓	✓	✓	✓		
Lateral walk with squat and Band	3x/week			✓	✓	✓	✓		
Side Planks	3x/week	✓	✓	✓	✓	✓	✓	✓	✓
Prone Planks	3x/week		✓	✓	✓	✓	✓	✓	✓
Single Leg Bridges	3x/week		✓	✓	✓	✓	✓	✓	✓
Single Leg Squat	3x/week					✓	✓	✓	✓
Rotational Activities (if painfree)	3x/week					✓	✓	✓	✓

Start cardio at 4 weeks if glute strength is adequate, if microfracture wait until 6 weeks.

**CARDIO / PLYOMETRICS / SPORT SPECIFIC PROGRESSIONS**

<b>Cardio / Functional</b>	<b>Week</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>20-24</b>
Stationary Bike with resistance	3x/week	✓	✓	✓								
Elliptical Machine	3x/week			✓	✓	✓	✓	✓	✓			
Outdoor Biking (Resisted Biking)	3x/week				✓	✓	✓	✓	✓			
Functional Activity (hiking, throwing)	3x/week					✓	✓	✓	✓			
Golf (putters 10 wk → irons 12 wk → drivers 16 wk)	3x/week						✓		✓		✓	
2 foot plyometrics	3x/week						✓	✓	✓			
1 foot plyometrics	3x/week							✓	✓	✓		
Running progressions	3x/week								✓	✓	✓	✓
Agility drills	3x/week									✓	✓	✓
Low Intensity Ice Skating	3x/week					✓	✓	✓	✓			
Ice Hockey Goaltender Standing Crease Work and Stationary Butterfly (Gradual)	3x/week						✓	✓	✓	✓	✓	✓
Ice Hockey Goaltender Repeated Butterfly and Post Work	3x/week									✓	✓	✓
Dance Splits training-surgical hip in back (Gradual progression)	3x/week										✓	✓

**PHASE IV**

<b>Phase IV: Return to Activity / Sports</b>	<b>Week</b>	<b>16</b>	<b>20</b>	<b>24</b>
Sport Specific Drills / TRAINING		✓	✓	✓

***\*Typically 4-6 months to return to sports, 1 yr for maximal recovery\****

***\*Microfracture can delay this recovery by 1-5 months\****

**Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present.**