

# Hip Arthroscopy Procedure: Labral Debridement & Osteoplasty

Range of Motion Restrictions and Expectations:

Flexion | Extension | External Rotation | Internal Rotation | No Limitations | No Limitatio

If microfracture, <u>HOLD</u> activities in shaded boxes in all phases

until 6 weeks

## Phase I: Immediate Rehabilitation Week

Initial Exercises	Freq.	1	2	3	4	5
Ankle Pumps		✓	✓			
Gluteal, quad & hamstring isometrics		✓	✓			
Stationary biking w/minimal resistance		✓	✓	✓	✓	
Passive ROM (emphasize IR)		✓	✓	✓	✓	
Quadriped rocking			✓	✓		
Heel sides			✓	✓		
Hip abductor/adductor isometrics			✓	✓		
Prone IR/ER (resisted)			✓	✓	✓	✓
3-way leg raises (abd, add, ext)				✓	✓	
Water jogging				✓	✓	
Dbl leg bridges w/tubing				✓	✓	
Kneeling hip flexor stretch					✓	✓
Leg press (limited weight)					✓	✓
Short lever hip flexion/straight leg raises					✓	✓

#### Phase II: Intermediate Rehabilitation

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Intermediate Exercises	Freq.	5	6	7	9	13
Double 1/3 knee bends		<b>✓</b>	<b>\</b>			
Side supports		✓	>			
Stationary biking w/resistance		✓	>	<b>✓</b>		
Manual long axis distraction		✓	<b>✓</b>	<b>✓</b>		
Manual A/P mobilizations		✓	✓	✓		
Dyna-disc (single leg stance)			✓	✓	✓	
Advanced bridging (sing. leg, swiss ball)			✓	✓	✓	
Single leg cord rotation				✓	✓	✓
Pilates skaters				<b>✓</b>	✓	✓
Side stepping				<b>✓</b>	✓	<b>✓</b>
Single knee bends (lateral step downs)				✓	✓	<b>✓</b>
Eliptical/Stairclimber				1	<b>√</b>	✓

### **Weight Bearing Restrictions:**

Foot flat weight bearing x 4 wks.
Progress to full weight bearing after 4th

• 20 lbs Max foot flat weight bearing If microfracture, toe touch weight bearing for 6 weeks.

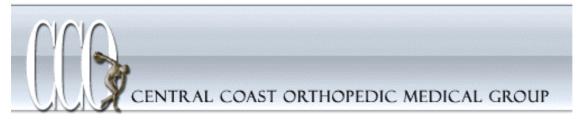
#### Criteria for Progression to Phase II

- · Minimal pain with all Phase I exercise
- ROM ≥75% of the uninvolved side
- Proper muscle firing patterns for initial exercises
- Do not progress to Phase II until full weight bearing is allowed

Criteria for Progression to Phase III

- Full range of motion
- Pain-free/normal gait pattern
- Hip flexion strength >60% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >70% of the uninvolved side

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Phase III: Advanced Rehabilitation Week

Advanced Exercises	Freq.	6	7	9	13
Lunges				✓	✓
Water bounding/plyometrics				✓	✓
Side-to-side lateral agility				✓	✓
Fwd/Bkwd running with cord				✓	✓
Running progression				✓	✓
Initial agility drills				✓	✓

Criteria for Progression to Phase IV

- Hip flexion strength >70% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >80% of the uninvolved side
- · Cardio fitness equal to pre-injury level
- Demonstration of initial agility drills with proper body mechanics

Phase IV: Return to Activity/Sport

Sports-specific Training	Freq.	13	17	21	25
Z-Cuts		✓	✓	✓	✓
W-Cuts		✓	✓	✓	✓
Cariocas		✓	✓	✓	✓
Sports-specific drills		✓	✓	✓	✓
Functional testing		✓	✓	✓	✓

Criteria for Full Return to Competition

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

### \*\* CAUTION \*\*

Week

In cases that involve significant shaving of the femoral neck, caution must also be taken to limit impact activities that may increase risk of femoral neck fracture during the first 8 weeks.

Central Coast Orthopedic Medical Group | 2342 Professional Parkway, Suite 200 | Santa Maria, CA 93455 Phone: (805) 349-9545 Fax: (805) 349-8025

www.centralcoastortho.com