**Arthroscopic Hip Surgery**

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This protocol was developed for patients who have had an arthroscopic surgery of the hip. The goal of this protocol is to advance range of motion and strength as directed while protecting any repair to ensure optimal healing.

Patients will begin physical therapy after their first post operative visit with the physician. The dressing will have been removed and patients will have been using a continuous passive motion (CPM) machine as part of their home program.

Primary goals in the early weeks are to stress compliance with their home exercise program, reinforce restrictions, and prevent stiffness and compensation. If ROM begins to progress easily, you may slow progression to protect the repair.

Stretching exercises to regain motion are performed in sets of 5 repetitions, 5 times per day. The exercises are to be initiated at the first therapy visit. All exercises are intended for home rehabilitation.

**Phase I (Weeks 1-6):**

Restrictions:

* Protected weight-bearing – 20% foot flat for 2 weeks
* Continuous passive motion (CPM) machine use daily for 2-3 weeks
* No ROM restrictions

Goals:

* Regain full ROM
* Reduce edema
* Regain neuromuscular firing patterns
* Normalize gait

Exercises:

* Stationary bike
* Isometric exercises
* Active and Active Assisted exercises
* Pelvic stabilizer exercises
* Core stabilization exercises
* Proprioceptive exercises

**Phase II (Weeks 6-12):**

Goals:

* Full ROM
* Normalized Gait
* Minimal discomfort with activities

Exercises:

* 8 inch step ups
* Squats
* Psoas strengthening
* Continue those in Phase I

Criteria for progression:

* No pain with ADLs
* Full hip ROM
* Full strength

**Phase III (Weeks 12-20):**

Goals:

* Return to recreational activities
* Build strength and endurance

Exercises:

* Aerobic activities
* Initiation of light jogging
* Continue those in Phase II

**Phase IV (Weeks 20-28):**

Goals:

* Return to competitive activities

Exercises:

* Sport specific activities
* Continue those in Phase III

Criteria for return to sport:

* No pain with sport specific activities
* Full neuromuscular control
* Strength within 90% of contralateral limb