

Orthopaedic Sports Specialists, P.C.

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Rehabilitation Protocol

Arthroscopic Hip Labral Repair or Reconstruction and/or

Femoral Osteoplasty(FAI)

I. Immediate Post-Operative Phase:

Goals: Normalize gait, maintain hip flexibility

(A) POD 1:

Weight Bearing: Two crutches and WBAT for 4 weeks Crutches set to optimize normal gait pattern

Exercises:

- Hip flexibility
 - Hip flexors
 - Quads
 - Abductors
- Quad sets, glute sets
- Extension exercises
- Ankle pumps
- Gait training with crutches

(B) POD 2-4:

Weight Bearing: Two crutches and WBAT

ROM: Hip flex 0° - 90°

Self-Directed Circumduction Exercise Program

Lay supine and assistant will elevate leg 10° and abduct 20° Make circles (both IR and ER) set of 10

Repeat 3 times a day for the first 6 week following surgery.

Exercises:

- Maintain hip and trunk flexibility
- Hip extension range of motion to allow normal gait pattern with crutches

(unless otherwise specified by surgeon)

- Continue quad sets/glute sets

(C) POD 5-7:

Weight Bearing: Two crutches and WBAT until 4 weeks post op

ROM: 0° - 90°

Exercises:

- Multi-angle isometrics hip flex/ext/ABD/ADD/IR/ER
- Bridges with core focus
- Side lying gluteus medius and abductor activation
- Standing weight shift drills for midline control
- Minisquats 0-30°
- A-P and lateral leg kicks for control
- Maintain hip and trunk flexibility

II. Maximum Protection Phase (Week 2-6):

Goals:

- Absolute control of external forces
- Nourish articular cartilage
- Decrease fibrosis with increased ROM
- Stimulate collagen healing
- Prevent muscle atrophy
- Prepare ambulation off crutches

(A) Week 2:

Weight Bearing: Two crutches and WBAT for 4 weeks

ROM: 0° > 90°

Begin Aquatic program (no kicking yet)

Exercises:

- Multiple-angle isometrics
- Bridges with core focus
- Side lying gluteus medius and abductor activation
- Standing weight shift drills for midline control
- Minisquats 0-45°
- A-P and lateral leg kicks for control
- Proprioception training
- Maintain hip and trunk flexibility
- Initiate aquatic exercises for gait training

(B) Week 3-4:

Full Weight Bearing- Wean off Crutches

Exercises:

- Same as week two
- Bicycle for ROM stimulus and light endurance
- Initiate step ups forward and lateral
- Hip flexion $0 > 90^\circ$

III. Controlled Ambulation Phase (Week 6-9):

Goals:

- Control forces during walking
- Maximal strength for lower extremity

Exercises:

- Same as week 4 – Advance as tolerated
- Initiate elliptical for cadence and endurance
- Initiate swimming program/aquatic running
- Advance core strength as tolerated (quadraped/ plank as tolerated)
- Increase closed kinetic chain rehab
- Increase proprioceptive training
- Passive ROM hip flex $0^\circ - 110^\circ$
- Initiate walking program

IV. Light Activity Phase (Month 3-4):

Goals:

- Development of strength, power, and endurance
 - Begin to prepare for return to functional activities - Enhance neuromuscular coordination and endurance
- Exercises:
- Continue strengthening exercises
 - Initiate plyometric program
 - Initiate running program
 - Initiate agility drills
 - Sport-specific training and drills

Criteria to Initiate Running Program:

- Satisfactory clinical exam
- Adequate quad/hip control/strength Pain free plyometric drills

V. Return to Activity Phase (Month 5-6):

Goals:

- Achieve maximal strength and further enhance neuromuscular coordination and endurance

Exercises:

- Continue strengthening program
- Continue closed chain strengthening program
- Continue plyometric program
- Continue running and agility
- Accelerate sport specific training and drills