



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
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HIP ARTHROSCOPY

Revised August 2008

Post-op Days 1 – 7

Crutches – weight bearing as tolerate (WBAT), D/C when gait is normal

All exercises must be performed in pain-free range

Heel slides, AAROM, PROM – Limit flexion to 90 degrees

Calf pumping

Electrical stimulation in full extension with quad sets

Quad sets, Co-contractions quads/hamstring

Short arc quads

Glut sets

Adductor isometric sets (squeeze pillow between legs)

Abductor isometric sets (belt around thighs, push out)

Stationary bike for range of motion (ROM) – No Resistance

Goals

Pain control

Hip ROM 0-90 degrees flexion

Days 7 – 14

Crutches – D/C if gait is normal

Continue appropriate previous exercises

All exercises must be performed in pain-free range

AAROM, AROM through full range as tolerated

– Rocking to heel in quadruped position

– Prone lying and gentle prone press ups

Standing Straight leg raise (SLR) x 4 directions

Weight shifts and Mini-squats in parallel bars

Heel raises – Double leg to single leg

Core stabilization exercise

– Double leg bridging exercises – neutral pelvis

– Transverse abd contractions

Stationary bike for ROM – Minimal resistance

Pool therapy – Chest deep running, aqua-jogger

Goals

Full hip ROM

Normal gait

Weeks 2 – 4

Continue appropriate previous exercises

SLR x 4 on mat

Wall squats, Total gym

Forward, retro and lateral step downs (2-4" step)

Leg press (up to ¼ body weight)

HS curls – Closed chain (carpet drags or rolling stool)

Proprioception ex – Double to single leg BAPS

Core stabilization exercises

– Single-leg bridging (on affected side)

– Crunches

Stationary bicycle for progressive resistance and time

Elliptical trainer

Pool therapy – Waist deep running

Stretches – Hamstring, Hip Flexors, ITB

Goals

No pain with stair climbing
Walk 1 mile at easy pace

Weeks 4 – 6

Continue appropriate previous exercises
Standing SLR x 4 with Theraband bilaterally
Hamstring curls weight machine
Knee extension weight machine
Leg press (up to ½ body weight)
Proprioception exercise – Single leg ball toss and body blade
Core stabilization exercise
 – Side bridging
 – Plank (hold push-up position on elbows)
Treadmill – Walking progression program
Stairmaster
Pool therapy – Unrestricted
Goal – Walk 2 miles at easy pace

Weeks 6 – 8

Continue appropriate previous exercises with progressive resistance
Forward, retro and lateral step downs (med to large step)
Hip weight machine x 4 directions
Hip rotation in weight bearing (closed chain) with hip machine, cables/cord
Functional training – Fitter, slide board
Treadmill – Walking progression approaching 15 min/mile pace
Quad stretches
Goal – Walk 2 miles at 15 min/mile pace

Months 2 – 3

Continue appropriate previous exercises
Advanced core stabilization exercise
 – Sit backs
 – Quadruped swimmer
 – Double leg lower
 – Physioball
Push-up progression
Treadmill – Running progression program
Pool – Begin swimming laps
Goal – Run 2 miles at easy pace

Months 3 – 4

Continue appropriate previous exercises
Sit-up progression
Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op
No contact sports until 6 months post-op

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