

## **Rehabilitation after Surgical Arthroscopy of the Hip with Labral Repair**

*To the therapist – this document is intended as a guideline only. I trust and value your expertise in appropriately treating our patient. Please feel free to contact me with questions, concerns, suggestions, and other feedback.*

### **General Guidelines for CAM Resection:**

- No limit on external rotation
- Full extension
- Normalize gait pattern with crutches
- **Flat foot partial weight bearing (20 lbs) for 4 weeks**
- Progressive weight-bearing as tolerated after this, avoidance of pivoting on surgical leg

### **Guidelines:**

#### **Weeks 0-2 (1 visit per week):**

- Full range of motion allowed
- Bike for 20 minutes/day (can be 2x/day)
- Hip PROM as tolerated
- Supine hip log rolling for internal rotation/external rotation
- Progress with ROM
- Hip isometrics: Abduction, adduction, extension, ER – NO flexion
- Pelvic tilts
- Supine bridges
- NMES to quads
- Quadruped rocking for hip flexion to 90°
- Sustained supine stretching for psoas with cryotherapy (1-2 pillows under hips) up to 10 degrees extension is ok as long as pain free
- Gait training, progressive WBAT with crutches; cueing to avoid pivoting on surgical hip
- Modalities

#### **Weeks 2-4 (2 visit per week):**

- Continue with previous therapy exercises, ok to start weight bearing and wean off crutches
- Maintain working on normalizing gait; continue progressive WBAT in straight line with crutches
- Progress with hip ROM:

- Bent knee fall outs (week 4)
- Knee on stool/prone rotations for ER
- Knee on stool stretch for hip flexors and adductors
- Plank up to 90 degrees
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening – isotonic all directions except flexion
  - Start isometric sub-max pain-free hip flexion (3-4 weeks)
- Step downs
- Clam shells, isometric side-lying hip abduction
- Hip hiking (week 4)
- Begin 2 leg proprioception/balance training
  - Balance boards, single leg stance
- Bike / Elliptical – progress time resistance
- Scar massage

### **Weeks 4-8 (2 visits per week):**

- Elliptical
- Glut/piriformis stretch (6 weeks)
- Continue with previous therapy exercises
- Pool therapy to start at 4 weeks in shallow water progressing to deeper water
- Sitting bilateral cable column rotations (week 5). Standing to begin at 8 weeks.
- Progress with ROM
  - Standing BAPS rotations
  - Prone hip rotation ER/IR
  - External rotation with FABER
  - Hip joint mobs with mobilization belt into limited joint range of motion ONLY IF NECESSARY
  - Lateral and inferior with rotation
  - Prone posterior-anterior glides with rotation
  - Hip flexor, gluteal/piriformis, and It-band Stretching – manual and self
- Progress strengthening LE
  - Introduce hip flexion isotonic (Be aware of hip flexion tendonitis)
  - Multi-hip machine (open/closed chain)
  - Leg press (bilateral, unilateral)
  - Isokinetics: knee flexion/extension
- Progress core strengthening (avoid hip flexor tendonitis)
  - Prone/side planks
- Progress with proprioception/balance
  - Bilateral, unilateral, foam, dynadisc
- Progress cable column rotations – unilateral, foam
- Side stepping with theraband
- Hip hiking on Stairmaster
- Treadmill side stepping from level surface holding on; inclines (week 4) when good gluteus medius lateral

### **Weeks 8-12**

- Progressive hip ROM
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities (single leg)
- Light plyometrics (2 leg)
- Active release therapy

### **Weeks 12-16**

- Progressive LE and core strengthening (single leg)
- Plyometrics (single leg)
- OK to begin gravity squats and progress as tolerated
- Treadmill running program
- Sport specific agility drills

### **Criteria for Discharge**

- Hip Outcome Score
- FMS and Y balance testing
- Pain free or at least a manageable level of discomfort
- MMT within 10 percent of uninvolved LE
- Biodex test of Quadriceps and Hamstrings peak torque within 15 percent of uninvolved
- Single leg triple hop for distance:
  - Goal score of 85% on uninvolved