

Hip Arthroscopy

Physiotherapist Rehabilitation protocol

Month 1 : Tissue Healing Phase

Weeks 1 & 2

Goals:

- Physio 2 sessions per week
- Pool 1 - 2 sessions per week (after day 14)
- Pain control & wound healing
- Decrease swelling & tissue inflammation
- Maintenance of range of motion
 - Flexion 0 – 90°
 - internal rotation _____ at 90 degrees flexion.
 - avoid external rotation

Areas for caution:

- Those with preoperative weakness in proximal hip musculature are at risk for postoperative tendinosis
- Modification of activity with focus on decreasing inflammation takes precedent if tendinosis occurs - not uncommon in first 3 months.

Weight Bearing:

- Protected weight bearing with crutches for 1-5 days

Plan to increase weight bearing from Day 1

Achieve full weight bearing by Day 5

Standing & gait re-education

- neutral lumbar spine

Range of motion:

- internal rotation at 90° flexion
 - start immediately, full range 3 x / day
 - assisted or self stretch in side lying
- Active ROM & Passive ROM: within pain free limits
- Avoid: Flex / abduction /external rotation

Stationary Bicycle:

- 1 - 2 times /day for 15 - 20 minutes
- Put seat up high to avoid anterior impingement

Core & deep hip muscle activation:

- pelvic floor + transversus abdominus - supine/seated activation
- deep hip muscle activation
- use of real time ultrasound training

Other areas: calf, hamstring.

Weeks 3 & 4

Goals:

- Continue to pay close attention for the onset of flexor and abductor tendinosis
- Focus on gentle functional, small range & closed chain rehabilitation involving deep core activation

Assess & manage other areas of dysfunction:

- SIJ & lumbar Spine
- soft tissue restrictions (massage, stretch)
 - muscle length: psoas, rec fem, ITB, HS
- other joint range restrictions
 - T/Spine (ext & rotation)
 - ankle DF range

Pool exercises (from Day 14)

- when sutures removed & wound healed
- 'Op-Site' (or similar) for wound coverage
- pool cycling, hip strength, closed chain exercises
- pool walking chest deep
- gait education

Muscle strength & activation:

- Gluteus med + Gluteus max
- Psoas: controlled, pain free eccentric control
- transversus abdominus in sagittal, coronal & transverse planes
- start to progress to functional activities whilst maintaining correct hip & knee alignment

Proprioception (when full weight bearing)

Month 2: Early Functional Recovery

Weeks 5 - 8

Goals:

- Physio: up to 3 sessions per week
- Progress pain free PROM
- Progress AROM with control
- Early strength gains
- Avoid hip flexor & abductor tendinosis

SPECIAL INSTRUCTIONS:

Progress functional tasks:

- Increase depth & range
- weight transfer with good pelvic stability
 - front, at an angle and to side
- single leg work: focus on whole kinetic chain
- add resistance to hip strength work
 - theraband - bridging, side step
 - reformer work - hip ext, abd/add
 - eccentric control ++
- minitramp jogging

Progress proprioception & balance

Option to include basic gym program:

- reformer & mat work
- bike, orbital + treadmill (flat only)
- swimming (no breaststroke kick)
- upper body + modified lower body weights
 - care with positions of potential
 - impingement

Month 3: Late Functional Recovery

Weeks 9 - 12

Goals:

Physio: 3 sessions per week
progress hip abductor & flexor strength
advanced proprioception
monitor for late development of tendinosis
do not progress to running until abductor strength is equal to contralateral side

Addition of return to sport program:

- strength & control returned to operated hip
- start graduated running program (on flat only)
 - start with 2 sessions per week
 - symptom free for 2 days to progress
 - progress distance and level of agility

Progress gym program:

- limit range to avoid jamming end range hip flexion if anterior impingement a problem
- pain free squat and leg press
- posterior chain work
 - hip extension - glutes
 - hamstring strength
 - functional weights program

Month 4 +: Sport Specific Training

Goals:

? Physio: 1 - 2 sessions per week until return to sport or pre-op activity
? progress to sport specific activity at 4 & 5 mths
? progress to sport specific activities
o when L = R = full muscle strength, coordination & endurance.

SPECIAL INSTRUCTIONS:

Program:

- progress distance/time
- progress frequency & intensity
- complete advanced proprioception activities
- add advanced agility and plyometric training

Training:

- return to modified training