

Hip Arthroscopy Protocol 3

(Lysis of Adhesions, Debridement)

A. 0-6 Weeks Post-Op

1. Gait: WBAT using appropriate AD, unless otherwise indicated by surgeon. Wean from AD as gait quality and strength indicate.
2. ROM - Gentle P/AA/A ROM to tolerance in all planes
3. Frequent cryotherapy and modalities as indicated.
4. Exercise
 - a. Light, but progressive OKC, CKC, Balance/Proprioceptive work
 - b. Progressive core strengthening
 - c. Non-impact cardio
 - d. Joint Nutrition – 30 min. stationary bike / day (no resistance)

B. 6 Weeks Post-Op

1. Continue strength work
2. Transition to jogging and sport specific activities
3. Gradual return to sport