

Hip Arthroscopy Protocol (HJS)

Labral Repair, Osteoplasty

- A. 0-4 weeks post-op
1. Gait: 50%WB
 2. ROM Restrictions: see attached chart below
 3. Frequent cryotherapy and modalities as indicated
 4. Exercise
 - a. Avoid symptomatic OKC hip flexion work
 - b. Restoring ER ("Fig 4" position), maintains anterior capsular laxity...critical to good outcome. Begin as symptoms allow.
 - c. ROM and flexibility work to tolerance
 - d. Light, progressive, asymptomatic OKC and CKC functional LE strengthening
 - e. Core/trunk strength and stabilization work
 - f. Progressive, asymptomatic balance and proprioceptive work
 - g. Progressive, asymptomatic, non-impact cardiovascular conditioning (stat. bike)
- B. 4-6 weeks post-op
1. Gait: WBAT, slowly wean from AD
 2. ROM Restrictions: see attached chart below
- B. 6-10 weeks post-op (Progressive Dynamic Stability and Progressive Strength Phase)
1. Restrictions: Do not work and progress through painful symptoms
 2. Continue cryotherapy and modalities as indicated
 3. Exercise
 - a. Continue ER ("Fig 4" position) stretching
 - b. Progressive OKC, CKC, Balance/Proprioceptive, Gait work
 - c. Progressive trunk and core work
 - d. Progressive non-impact cardio: (Stationary bike → Elliptical → Treadmill walking)
- C. 10-16 weeks post-op (Early Sport Specific Progression)
1. Interval jog to run progression
 2. Progressive agility work
 3. Light but progressive jumping, hopping, and plyometric work
 4. Sport specific streamlining
 5. Do not work or advance through painful symptoms

Hip Motion	ROM Days 0-21	ROM Week 3-6	ROM Week 6-12	ROM Week 12+
Flexion	0-90 degrees	Gradually increase in pain free manner	Gradually increase in pain free manner	Gradually increase in pain free manner
Extension	0 degrees, no motion beyond neutral	0-10 degrees	Gradually increase to fully ROM as tolerated	If full ROM not attained, gradually increase to full ROM
Abduction	0-30 degrees	0-45 degrees	Gradually increase to full ROM as tolerated	If full ROM not attained, gradually increase to full ROM
External Rotation	0-30 degrees	0-45 degrees	Gradually increase to full ROM as tolerated	If full ROM not attained, gradually increase to full ROM
Internal Rotation	0-30 degrees	0-45 degrees	Gradually increase to full ROM as tolerated	Gradually increase to full ROM as tolerated