



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

REHABILITATION FOLLOWING HIP ARTHROSCOPY

Phase I (weeks 1-3): Recovery/convalescence

Goals:

1. edema control
2. pain control
3. basic wound care
4. protect hip capsule and labrum

Exercises:

Start supervised PT 2-3 times /week.

1. Exercise bike as tolerated
2. Passive and active range of motion (ROM) in all planes of the hip
3. Heel slides
4. Leg lifts
5. Hip abduction/adduction

Wound care:

1. Keep the incision clean and dry.
2. Do not submerge the hip.
3. Ice the hip using 20-minute off/on protocol.

Restrictions:

DO NOT BEAR ANY WEIGHT ON THE OPERATED LEG.

Phase II (weeks 4-6): Early motion, continued convalescence

Goals:

1. edema control
2. pain control
3. increase ROM
4. protect the hip capsule and labrum

Activity:

1. Supervised physical therapy 2-3 times/week
2. Progressive weight bearing to tolerance



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3. Passive and active ROM through unlimited ROM
4. Hip and leg muscle activation
5. Core strengthening
6. Soft-tissue mobilization
7. Anti-inflammatory modalities (US, E-stim)
8. Initiate progressive total body conditioning

Restrictions:

- Wean off crutches as directed.
- No impact activities.

Phase III (weeks 6-12): Early strengthening and progressive range of motion

Goals:

1. Progressive unlimited ROM
2. Initiate and advance Leg Strengthening

Activity:

1. Supervised PT 2X per week
2. Progressive Hip flexor/abductor/adductor strengthening
3. Progressive Core stabilization/strengthening
4. Aggressive motion advancement
5. Soft Tissue mobilization
6. Anti-inflammatory modalities (US, E-stim)
7. Progressive total body conditioning

Restrictions:

- No impact activities
- No high-flexion lifting (squatting)

Phase VI (Weeks 8-18): Progressive Strengthening, Conditioning, Sport Specific Training

- Goals: Hip and core conditioning, continued advancement of motion and function, sport specific conditioning
- Activity:
 - Supervised PT 2X per month
 - Advanced home exercise program



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- Progressive core and lower extremity strengthening
- Plyometric and agility training
- Sport specific conditioning
- Continued motion advancement
- Soft-tissue mobilization
- Anti-inflammatory modalities (US, E-stim)
- Progressive total body conditioning
- Restrictions:
 - Return to Sport Criteria
 - Pain Free ROM
 - 90% leg strength operative to non-operative leg
 - 90% ROM in operative to non-operative leg