

# DOSHER

## Physical Therapy



### HIP ARTHROSCOPY REPAIR/MICROFRACTURE/CAPSULAR REPAIR/LABRAL TEAR RESECTION/OSTEOPLASTY

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- ❖ Initial Phase 0-6wks
  - Goals
    - Tissue healing
    - Regain range of motion
    - Control inflammation
    - Decrease pain
    - Decrease muscle atrophy and maintain muscle function
  - Precautions
    - Do not push through hip flexor pain
    - Specific range of motion restrictions
    - Weight bearing restrictions
  - Weight bearing
    - Non-weightbearing to Foot Flat weight bearing for 6 wks depending upon procedure and physicians recommendations.
  - Exercise
    - Anklepumps
    - Heel slides
    - Isometrics – quadriceps,hamstring,adductors, abductors,external rotators,internal rotators and gluteal sets
    - Abdominal exercises

- Lumbopelvic stabilization
  - Passive Range of Motion 4- 6 wks to tolerance.
  - Hip flexion seated 4 weeks post op
  - Cardiovascular exercise with nonoperative leg only in order to maintain nonweightbearing
    - semirecumbent bike or schwinn airdyne.
    - Upper body ergometer
- Stretching
- Piriformis stretch
  - Hamstring stretch
  - Gastroc stretch
  - Prone quad stretch
  - Iliotibial band stretch
  - Kneeling hip flexion stretch
- Aquatics
- Walking in pool once surgical sites have healed 5-10 days.
  - Swim with pole buoy aquajogging – 4wks post
  - Free style,backstroke,butterfly 7-10 days post op
- Modalities
- CPM approximately 6 wks or as specified by physician
  - Cryotherapy
  - E-stim
  - Vasopneumatic pump
- Manual therapy
- Long leg distraction – grade I/II for 5 wks then increase to grade III
- ❖ Intermediate Phase 6-18 wks
- Goals:
- Restore full ROM
  - Regain strength to 60%
  - Improve proprioception/balance
  - Protect repaired tissue
  - Normal gait

- Improve function with activities of daily living
- Weight Bearing:
  - Progressed to full weight bearing without deviation.
- Exercise
  - Swiss ball
  - Wall slides, side steps, lateral step downs, step ups
  - Closed chain squats
  
  - Proprioceptive neuronmuscular facilitation
    - Hands and knees ,standing
  
  - Single leg cord rotation
  - Lunges
  - Balance board
  - Theratube exercise ( open and closed chain)
  - Abdominal strengthening
- Aquatic
  - Jogging
  - Scissor kicks
  - Fins for resistance
- Cardiovascular
  - Elliptical
  - Rowing
  - Biking walking
- Stretching
  - Bilateral lower extremities
  
- ❖ Phase III Advanced Phase 18wk-24wks
  - Goals
    - Neuromuscular control and balance to within normal limits
    - Restoration of endurance
    - Strength 80% -100%
    - Endurance to within normal limits with activities of daily living
    - protect integrity of repaired tissue
  
  - Exercise
    - High level agility,balance and proprioception drills
    - Weights/tubing progressing as tolerated
    - Biking

- Slow jogging
  - Flexibility exercise
  - Advanced aerobic conditioning
- ❖ Phase IV – Sports specific training and return to play 6-12 months depending on tissues involved
- Goals:
    - Full painfree range of motion
    - Strength 80 – 100%
    - Balance proprioception to within normal limits
    - Endurance to within normal limits for competition
    - Sport specific drills at full speed painfree