

MANAGING RECOVERY FROM COMBINED SURGERIES

How it differs from single hip procedures

hippreservation.org

READ THIS FIRST

Why Combined Surgeries?

Some patients have both **labral damage/impingement** and **hip dysplasia**.

Doing hip arthroscopy and PAO in the **same operation**:

- Treats both problems at once
- Avoids two separate recoveries
- Saves on **hospital time, anesthesia, and surgical costs**

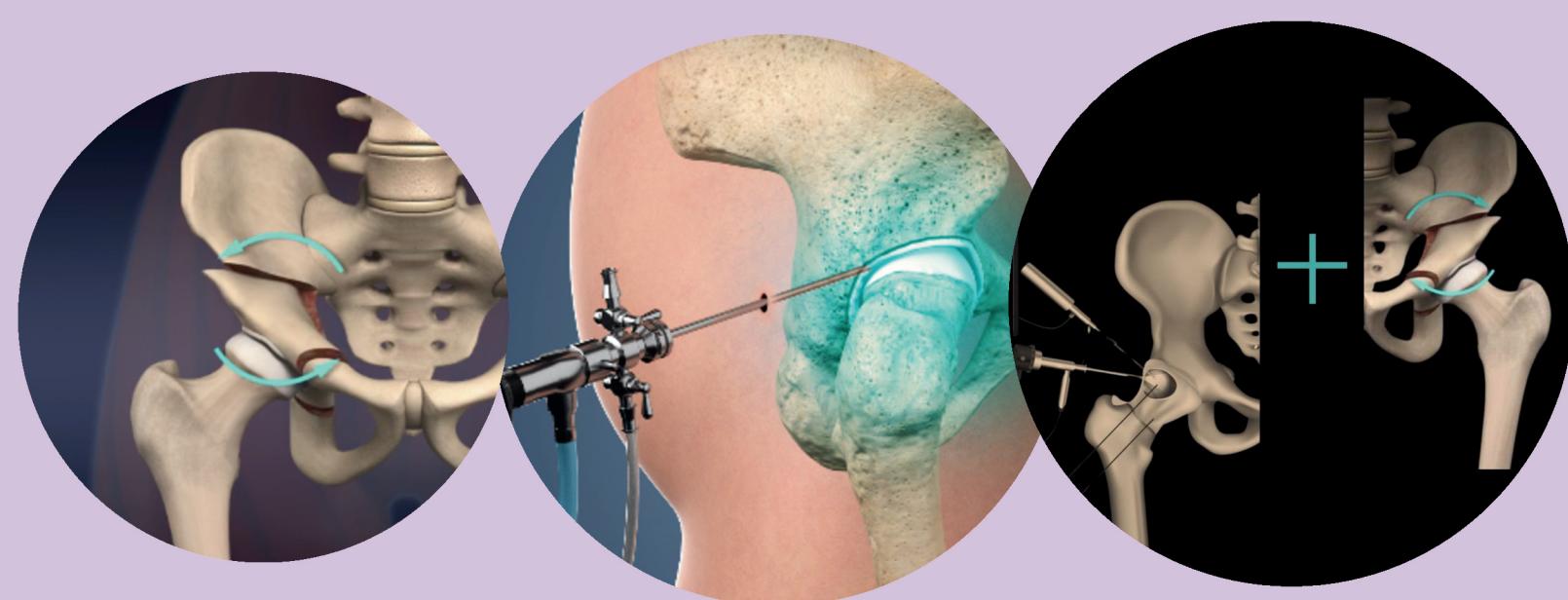
What to Expect

- Recovery is **slower and more demanding** than with a single procedure.
- You'll need **crutches longer** (often 6–8+ weeks).
- Physical therapy progresses at a **more cautious pace**.
- Fatigue is normal — your body is healing from both bone and soft tissue surgery.

Nimesh Patel, MD

“Expect recovery to take longer and require more patience than a single surgery.”





COMBINED VS. SINGLE PROCEDURES

Aspect	Single Surgery (Hip Arthroscopy OR PAO)	Combined Surgery (Arthroscopy + PAO)
Aspect	One procedure, shorter anesthesia time	Both done together – longer surgery, but only one anesthesia event
Aspect	Usually 1–3 days	Often 3–5 days
Aspect	Billed for one hospital stay	Saves overall cost vs. two separate surgeries & hospital stays
Crutches/Weight Bearing	2–4 weeks (arthroscopy) or 4–6 weeks (PAO)	6–8+ weeks (longer due to combined healing)
Physical Therapy	Faster progression	More cautious, slower early phases
Return to Sport	6–9 months typical	9–12 months typical
Energy & Fatigue	Moderate	Higher – healing from bone + labrum at once

Rehab Considerations



Slower Start

- Early PT is more cautious to protect both the bone healing (PAO) and labral repair (arthroscopy).
- Don't be discouraged if exercises feel "basic" longer than expected.



More Time on Crutches

- Weight bearing is usually delayed (6–8+ weeks).
- Plan ahead for mobility at home, school, or work.



Strength Takes Patience

- Glutes, quads, and core need extra rebuilding.
- Progress is steady, not fast — slow strength gains are still wins.



Energy & Fatigue

- Healing bone + soft tissue = higher energy demands.
- Expect more tiredness — naps and good nutrition are part of recovery.



Mental Side of Recovery

- Combined recovery can feel frustratingly long.
- Celebrate small wins — like sitting longer, or walking further — to stay motivated.

"Progress is progress – no matter how small."

Recovery Timeline for Combined Surgery

Phase 1 – Weeks 0–6: Protect & Heal

- **Crutches:** Non- or partial-weight bearing (longer than single surgeries).
- **Focus:** Pain/swelling control, gentle range of motion, incision care.
- **PT:** Breathing, ankle pumps, isometrics, core engagement.

Phase 2 – Weeks 6–12: Transition

- **Crutches:** Gradual transition off when cleared.
- **Focus:** Restoring gait, building basic strength (glutes, quads, core).
- **PT:** Stationary bike, pool therapy, bridges, light resistance.

Phase 3 – Months 3–6: Rebuild Strength & Mobility

- **Focus:** Functional strength, endurance, balance.
- **PT:** Step-ups, split squats, controlled mobility drills.
- **Lifestyle:** Increase walking, start light cardio (bike, elliptical).

Phase 4 – Months 6–12: Return to Sport & Activity

- **Focus:** Advanced strength, agility, sport-specific drills.
- **PT:** Plyometrics, agility ladders, running progression.
- **Return to Sport:** Often closer to 9–12 months.

“Combined surgery recovery is a marathon – plan for steady milestones, not quick leaps.”

Quick Reference for Combined Surgery Recovery



DO's

- Expect recovery to take longer than a single procedure
- Use crutches until your surgeon/PT clears you
- Track your progress weekly, not daily
- Focus on nutrition, sleep, and rest — healing needs energy
- Lean on family, friends, and your rehab team

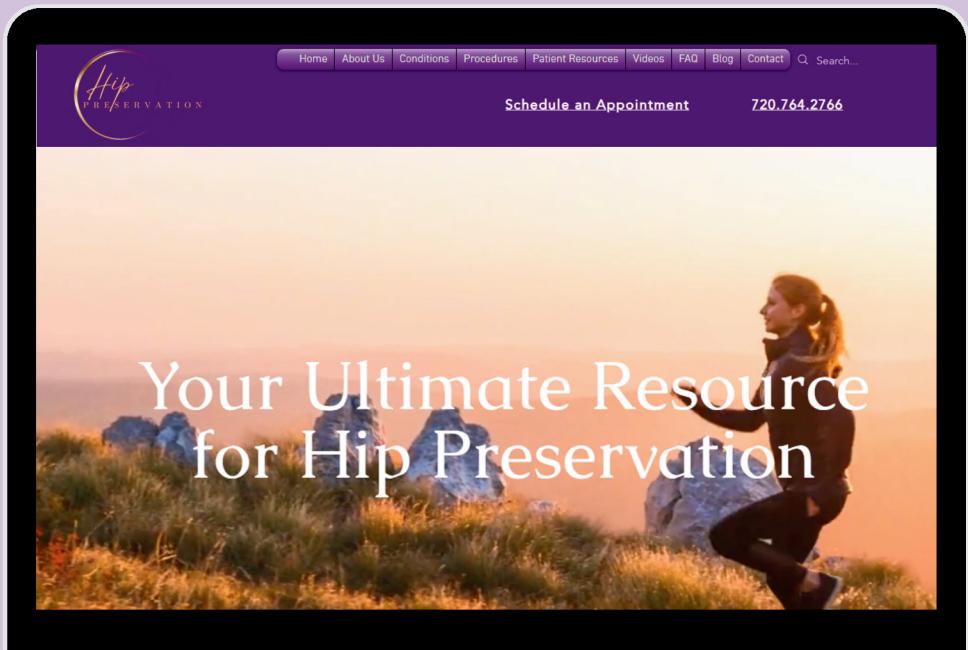


DON'Ts

- Compare your progress to friends with only one surgery
- Rush to ditch crutches or skip milestones
- Push through pain in early phases
- Get discouraged by slow strength gains — small steps add up

Remember

- Combined = one surgery, one anesthesia, one hospital stay
- The recovery feels longer — but you avoid two separate operations



Need Extra Help?

Our team specializes in **hip preservation care** — from complex surgeries like arthroscopy + PAO to the small details of recovery.



- Schedule a follow-up visit
- Ask about physical therapy partners
- Explore more resources at HipPreservation.org

“Small adjustments and steady patience lead to big wins in recovery.”