



Hip Arthroscopy Rehabilitation

This comprehensive rehabilitation protocol is designed to assist in your recovery following hip arthroscopy. The protocol will guide you through the healing stages with a focus on gradual progression of strength, mobility, and function. The rehabilitation process is personalized and non-linear, so you should move at your own pace with careful attention to your body's signals. Consult your physical therapist (PT) regularly to ensure proper form and progression.

Basic Post-Operative Information:

- **Physical Therapy (PT) Start:** Begin PT around 2 weeks post-surgery, unless advised otherwise by your surgeon.
- **Weight Bearing (WB):** Your weight-bearing instructions will depend on your surgical findings. Microfracture procedures will require extended non-weight bearing periods.
- **Crutch Use:** Practice walking with crutches before surgery. Crutches should be used until you can walk without a limp.
- **Stationary Bike:** Begin no-resistance cycling the night of your surgery. Gradually increase duration as tolerated.

Post-Operative Precautions (First 3-4 Weeks Post-Surgery)

- No lying on your stomach.
- No hip flexion beyond 90 degrees.
- No hip external rotation beyond neutral (avoid twisting your leg outward).
- No hip extension beyond neutral (avoid pushing the leg backward or taking long strides).

Rehabilitation Stages:



Stage 1: Initial Mobility and Muscle Activation

(Post-Op Days 2-4+)

Goals:

1. Gradual introduction of weight-bearing using crutches.
 2. Activate muscles around the hip and start range of motion (ROM) exercises.
 3. Increase daily tolerance to activities like walking around the house.
 4. Manage swelling and pain effectively.
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Exercises for Stage 1

Initial Mobility and ROM:

1. Reverse Butterfly

Lie on your back with knees bent. Bring your knees together and then back to the hip-width apart position. Focus on gentle movement.

Reps: 15-20, Frequency: 3x/day



2. Pelvic Tilts

Lie on your back with knees bent, and slowly arch your back off the ground, then flatten your back. Move gently between both positions.

Reps: 15-20, Frequency: 3x/day



3. Ankle Pumps

Move your ankle up and down to keep circulation flowing. This can be done lying down or sitting.

Reps: 15-20, Frequency: 3x/day



Muscle Activation and Isometrics:

1. Quad Sets

While lying on your back, push your knee down into the bed or floor and tighten the thigh muscles.

Hold: 5 seconds, Reps: 15-20, Frequency: 3x/day



2. Short Arc Extensions

Place a small rolled towel or foam roller under your knee. Straighten the knee while tightening the muscles on the front of your thigh.

Hold: 5 seconds, Reps: 15-20, Frequency: 3x/day



Core Activation:

1. Transverse Abdominus Activation

Lie on your back with your knees bent. Without moving your back, pull your lower abdomen towards your spine. Breathe while holding this position.

Hold: 10 seconds, Reps: 15-20, Frequency: 3x/day



Criteria to Move to Stage 2:

- Able to tolerate 50% weight-bearing on the surgical side.
- Minimal pain with daily activities while using crutches.
- Achieve passive hip flexion up to 90 degrees without pain.

Stage 2: Range of Motion and Muscle Activation

(Post-Op Weeks 2-3+)

Goals:

1. Increase muscle activation, especially in the outer and back hip muscles.
2. Progress weight-bearing on the surgical side while avoiding pain in the hip flexor or groin area.
3. Work towards weaning off crutches, provided no limp is present.

Exercises for Stage 2

ROM Exercises:



1. Supine Hip Flexion

Lie on your back with feet on an exercise ball. Gently roll the ball towards your body, keeping your core engaged.

Reps: 15-20, Frequency: 3x/day



2. Prone Terminal Knee Extension

Lie on your stomach, with your leg extended behind you. Tighten your quad muscles to lift your knee off the floor.

Hold: 5 seconds, Reps: 15-20, Frequency: 3x/day

Muscle Activation:

1. Standing Hip Abduction

Stand with your non-surgical leg on a step and gently kick the surgical leg outward. Lead with the heel.

Reps: 15-20, Frequency: 3x/day



2. Bridges

Lie on your back with knees bent, feet flat. Squeeze your buttocks and lift your hips off the ground.

Reps: 10-15, Frequency: 3x/day



Core Stability:



1. Samurai Core Activation

Press your arms into an exercise ball while lying on your back, knees bent.

Engage your core to stabilize the ball.

Hold: 5 seconds, Reps: 10-15, Frequency: 2-3x/day

Criteria to Move to Stage 3:

- **Weight-bearing up to 75% without limping.**
 - **Minimal pain with hip flexion and ROM exercises.**
 - **Good strength in the glutes, able to perform hip movements without compensating with the hip flexor muscles.**
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Stage 3: Muscle Activation and Weight Bearing Transition

(Post-Op Weeks 4-5+)

Goals:

- 1. Progress partial weight-bearing activities with proper muscle activation in the back and outer hips.**
 - 2. Increase strength in weight-bearing positions to support functional activities.**
 - 3. Begin pool therapy for low-impact weight-bearing exercises (if cleared by the surgeon).**
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Exercises for Stage 3

ROM Exercises:



1. All 4s Lateral Weight Shifting

On your hands and knees, gently shift your weight from side to side, engaging the glutes on the supporting leg.

Hold: 5 seconds, Reps: 10-20, Frequency: 3x/day

2. Prone Hip Extension

Lie on your stomach, engaging your core. Lift one leg off the ground using your glutes, not your back.

Reps: 15-20, Frequency: 3x/day



Core Stability:

1. All 4s Hip Extension

On your hands and knees, lift one leg back while keeping the pelvis stable. Engage your core throughout.

Reps: 10-15, Frequency: 2x/day





2. Side Planks

Lie on your side, with your elbow under your shoulder. Lift your hips off the ground, maintaining a straight line with your body.

Hold: 5-10 seconds, Reps: 10, Frequency: 2-3x/day



Criteria to Move to Stage 4:

- **Able to perform weight-bearing exercises without compensating with the front of the hip or groin.**
 - **Able to walk short distances without crutches and without limping.**
 - **Strength in glute muscles improving, with minimal anterior hip discomfort.**
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Stage 4: Full Weight Bearing and Strengthening

(Post-Op Weeks 5-6+)

Goals:

- 1. Begin full weight-bearing activities.**
- 2. Focus on strengthening the glutes and lower extremities, ensuring proper form.**
- 3. Progress to low-impact conditioning activities like cycling and swimming.**



Exercises for Stage 4

Strength Exercises:

1. Squats

Stand with feet hip-width apart. Slowly lower yourself into a squat position, focusing on using your glutes to perform the movement.

Reps: 10-15, Frequency: 3x/day



2. Monster Walks

With a resistance band around your thighs, take small steps sideways, engaging your outer hips to resist the band.

Reps: 20 steps, Frequency: 2-3x/day



Core Stability and Balance:

1. Tandem Balance

Stand with one foot in front of the other, trying to maintain balance. Progress to balancing with eyes closed or while moving your head.

Hold: 30 seconds, Reps: 3-5, Frequency: 2x/day



Criteria to Progress to Advanced Stages:

- **Able to perform single-leg balance exercises without compensating.**
- **Walking and basic ADLs (activities of daily living) are pain-free and without limping.**
- **Demonstrate good core stability and muscle activation in more challenging exercises.**

Final Notes:

Your recovery process after hip arthroscopy will take time, but this protocol is designed to help you steadily regain strength, mobility, and function. Each stage of recovery builds upon the previous one, ensuring you make progress at a pace that suits your body.