

Rehabilitation Guidelines Post Arthroscopic Hip Surgery

Exercise	Week	1	2	3	4	5	6-8	8-10	10-12
Immediate Post Op									
Isometric Gluts (static bridge, prone ext.)		*	*						
Isometric Quads (SQ's, SLR, adductor squeeze)		*	*						
Isometric Hams (static bridge, heel digs)		*	*						
Active ROM (ankle pumps, heel slides)		*	*						
Abdominal setting / deep breathing		*	*						
Stretching (no combined flex/IR x 4 wks)									
Hip flexion (progress as indicated)		<90	<90	<90	<90	90	90+	90+	90+
Abd / Ext rot as tolerated		*	*	*	*	*	*	*	*
Int rotation (progress slowly after 1 week)			*	*	*	*	*	*	*
Strength / control / function									
Side lying clam exercise			*	*					
Hip abd, flex, ext in standing			*	*	*	*	*	*	*
Bridging – double, progress to single by 4 wks			*	*	*	*	*		
Squats – wall, free wts, unstable surface						*	*	*	*
Lunges – forward, backward, diaganols						*	*	*	*
Core									
Lower abdominal progressions				*	*	*	*	*	*
4 pt kneeling progressions (arms, legs, both)				*	*	*		*	*
Planks (front, side)					*	*	*	*	*
Abdominal curls, rotating planks							*	*	*
Cardiovascular									
Stationary cycling (no resistance)		*	*						
Stationary cycling (progressive resistance)				*	*	*	*	*	*
Stepper / X trainer / Eliptical						*	*	*	*
Jogging / Running								*	*
Dynamic Power / Plyometrics									
Jump lunges								*	*
Box jumps / bounding								*	*
Ski fitter (skate, slide motion)							*	*	*
Hydrotherapy (incision must be clean and dry)									
Walking				*	*	*	*	*	*
Pool running						*	*	*	*
Swimming (no breaststoke whip kick 4-6 wks)				*	*	*	*	*	*
Sports									
Walking / hiking						*	*	*	*
Jogging / running							*	*	*
Contact or 'cutting' sports								*	*

No accessory joint mobilizations until 4 weeks

Weight bearing status depends on chondral damage and/or repair

Weight bearing status _____