

Standard Hip Arthroscopy Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-2	<ul style="list-style-type: none"> Protect surgical site Avoid muscle contractures Achieve and maintain good muscle activation in all planes Manage swelling and pain 	<ul style="list-style-type: none"> PWB: 25% WB PROM only ROM limited to: <ul style="list-style-type: none"> Flexion: 90 deg Extension: 10 deg IR/ER to 20 deg in neutral, no rotation in hip flexion Abduction to 30 deg 	<ul style="list-style-type: none"> PRICE Isometrics in all planes Ankle pumps Prone lying, prone knee flexion , and prone rotation as tolerated Initiate bike for ROM: <90 degrees of hip flexion Initial visit: FOTO, LEFS
Weeks 2-6	<ul style="list-style-type: none"> Initiate progressive loading Weaning from assistive device beginning week 4 >75% of full ROM 	<ul style="list-style-type: none"> Progressive weight bearing based on patient symptoms beginning week 4 AAROM - AROM <ul style="list-style-type: none"> ROM to tolerance in all planes, avoid anterior hip pinching 	<ul style="list-style-type: none"> Quadruped hip flexion mobility Initiate quadriceps, hamstring stretching Initiate OKC uniplanar isotonic to tolerance Initiate double leg KKC exercises to tolerance
Weeks 6-12	<ul style="list-style-type: none"> Ambulate without antalgia Goal is tolerating community ambulation by week 6-8 Full ROM Strength testing 75% of uninjured at week 12 Y-Balance 	<ul style="list-style-type: none"> No running, jumping, cutting, or pivoting 	<ul style="list-style-type: none"> Hip mobilization may be used Initiate elliptical if desired Progress CKC into greater ROM <ul style="list-style-type: none"> Single leg Multi-planar Progress resistance as tolerated Week 6: FOTO, LEFS
Weeks 12-16	<ul style="list-style-type: none"> Initiate return to jogging Initiate skating Initiate plyometric progressions 	<ul style="list-style-type: none"> Avoid large spikes in workload 	<ul style="list-style-type: none"> Initiate running, skating, and/or plyometric activities with MD approval Begin sport specific tasks Week 12: FOTO, LEFS
Weeks 16+	<ul style="list-style-type: none"> Clearance to full return to sport Strength testing 90% of uninjured by week 24 	<ul style="list-style-type: none"> Avoid large spikes in workload 	<ul style="list-style-type: none"> Progress sport specific tasks Gradual re-introduction to practice and eventual live game play Week 16-24: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics of their injury and procedure.