



## Routine Arthroscopic Procedure

*(Loose body removal, labral debridement, chondroplasty, synovectomy, ligamentum teres debridement)*

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- **Weight bearing as tolerated – use crutches to normalize gait.**
  - Crutches are usually discontinued at 5-7 days, once gait is normalized
- **Initiate supervised physical therapy, postop day 1 or 2.**
- **Isometrics, co-contractions, closed chain exercises.**
- **Initiate stationary bike as symptoms allow.**
  - Seat raised to avoid uncomfortable hip flexion.
  - Low resistance with the emphasis on fluid range of motion.
- **Pool program initiated when sutures removed and portals healed.**  
(approximately 10 days; sutures removed at 1 week)
- **Rehab deliberate for the first 2-3 months, then initiate functional progression as symptoms allow.**
  - (2 vs. 3 months dictated by nature of pathology).
  - 2 months: loose fragment, simple labral tears, ruptured ligamentum teres.
  - 3 months: tenuous preserved labrum (i.e. thermal treatment for stabilization); or extensive articular damage.
- **“Honeymoon period”**
  - At 1 month most patients feel like they are doing better than they really are (regardless of eventual outcome).
  - Probably due to expectations of surgery being more disabling.
  - Risk of overdoing it!
  - Delaying functional progression based on tolerance to 2-3 months more reliable with less risk of setback.
  - Functional progression more liberal for athletes with close supervision.



**PHASE 1:** **WEEK 1**

**Initial Exercises** (*Weeks 1-3*)



Seated weight shifts, lateral



Glut sets



Seated knee extensions



Quad sets



Ankle pumps



Hamstring sets



**PHASE 1:**

**WEEK 1**

**Initial Exercises** (*Weeks 1-3*)



Adductor isometrics



Pelvic tilt



Heel slides, active-assisted range of motion



Trunk rotation



Log rolling



Double leg bridges



**PHASE 1:**

**WEEK 1**

**Initial Exercises** (*Weeks 1-3*)



Prone on elbows



Standing adduction without resistance



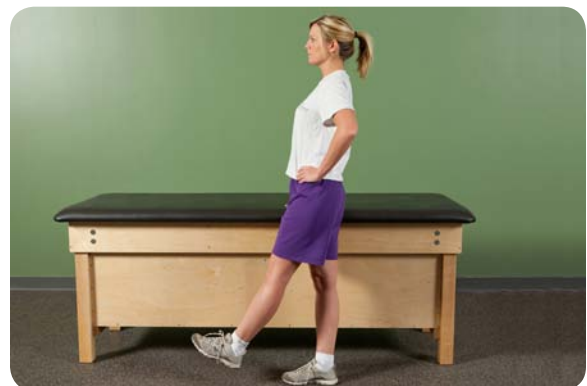
Prone knee flexion



Standing extension without resistance



Standing abduction without resistance



Standing flexion without resistance



**PHASE 1:** **WEEK 1**

**Initial Exercises** (*Weeks 1-3*)



Pain dominant hip mobilization – grades I, II

**Other Exercises Week 1**

- Standard stationary bike without resistance at 3 days post-op (10 min. if tolerated)
- Upper body ergometer, upper body strengthening

**PHASE 1:** **WEEK 2**

**In Addition to Previous Exercises** (*Weeks 1-3*)



Abduction isometrics



1/4 Mini squats



Weight shifts – anterior/posterior



Standing heel lifts





**PHASE 1:**

**WEEK 2**

**In Addition to Previous Exercises** (*Weeks 1-3*)



Hip flexion, IR/ER in pain-free range



Theraband resistance on affected side – Flexion  
(start very low resistance)



Theraband resistance on affected side –  
Abduction (start very low resistance)



Theraband resistance on affected side –  
Extension (start very low resistance)



Theraband resistance on affected side –  
Adduction (start very low resistance)



Superman



**PHASE 1:**

**WEEK 2**

**In Addition to Previous Exercises** (*Weeks 1-3*)

**Other Exercises Week 2**

- Wall mini-squats
- Physioball mini-squats with cocontraction
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

**PHASE 1:**

**WEEK 3**

**In Addition to Previous Exercises** (*Weeks 1-3*)



Stiffness dominant hip mobilization – grades III, IV



Double leg bridges to single leg bridges



Clamshells (pain-free range)



**PHASE 1:**

**WEEK 3**

**In Addition to Previous Exercises (Weeks 1-3)**



Leg raise – Abduction



Dead bug



Leg raise – Extension



Quadruped 4 point support, progress 3 point support, progress 2 point



Shuttle leg press 90 degree hip flexion with co-contraction of adductors



Seated physioball progression – hip flexion





**PHASE 1:**

**WEEK 3**

**In Addition to Previous Exercises** (*Weeks 1-3*)



Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking



Lateral walking over cups and hurdles (pause on affected limb), add ball toss while walking

**Other Exercises Week 3**

- Continue stationary bike with minimal resistance – 5 min. increase daily
- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction
- Single leg sports cord leg press (long sitting) limiting hip flexion

**Goals of Phase 1**

- Restore range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait

**Criteria for progression to Phase 2**

- Minimal pain with phase 1 exercises
- Minimal range of motion limitations
- Normalized gait without crutches



**PHASE 2:** **WEEKS 4-5**

**Intermediate Exercises** (*Weeks 4-6*)



Crunches



Standing theraband/pulley weight – Adduction



Bosu squats



Standing theraband/pulley weight – Flexion



Standing theraband/pulley weight – Abduction



Standing theraband/pulley weight – Extension



**PHASE 2:**

**WEEKS 4-5**

**Intermediate Exercises** (*Weeks 4-6*)



Single leg balance – firm to soft surface



Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)



Clamshells with theraband

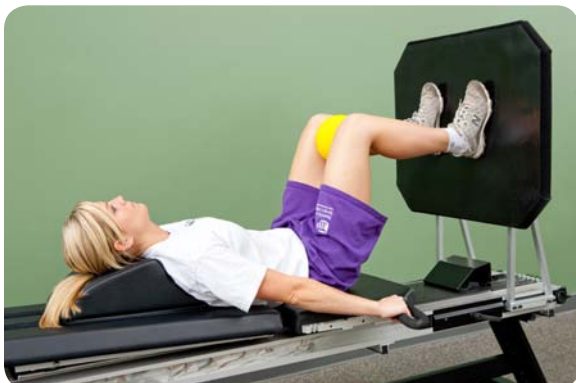
**Other Exercises Weeks 4-5**

- Gradually increase resistance with stationary bike
- Initiate elliptical machine
- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups

**PHASE 2:**

**WEEK 6**

**Intermediate Exercises** (*Week 6*)



Leg press (gradually increasing weight)



**PHASE 2:**

**WEEK 6**

**Intermediate Exercises (Week 6)**



Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance



Superman on physioball – 2 point on physioball

**Other Exercises Week 6**

- Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/simulated ex.)
- Knee extensions, hamstring curls

**Goals of Phase 2**

- Restore pain-free range of motion
- Initiate proprioception exercises
- Progressively increase muscle strength and endurance

**Criteria for progression to Phase 3**

- Minimum pain with phase 2 exercises
- Single leg stance with level pelvis





**PHASE 3:**

**WEEKS 7-8**

**Advanced Exercises** (*Weeks 7-8*)



Step-ups with eccentric lowering



Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed



Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation



Single leg body weight squats, increase external resistance, stand on soft surface



Theraband walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25yds. Start band at knee height and progress to ankle height

**Other Exercises Weeks 7-8**

- Full squats
- Single stability ball bridges

**Goals for Phase 3**

- Restoration of muscular endurance/strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception



**PHASE 3:**

**WEEKS 7-8**

**Advanced Exercises** (*Weeks 7-8*)

**Criteria for Progression to Phase 4**

- Single leg mini-squat with level pelvis
- Cardiovascular fitness equal to preinjury level
- Demonstration of initial agility drills with proper body mechanics

**PHASE 4:**

**WEEKS 9-11**

**Sports specific training rehab clinic based progression**



Single leg pick-ups, add soft surface

**Other Exercises Weeks 9-11**

- All phase 3 exercises
- Pool running (progress from chest deep to waist deep), treadmill jogging
- Step drills, quick feet step-ups (4-6 inch box) forward, lateral, carioca
- Plyometrics, double leg and single leg shuttle jumps
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

**FINAL PHASE:**

**WEEKS 12 & BEYOND**

**Sports specific training rehab clinic based progression**

**Other Exercises Weeks 12 & Beyond**

- Running progression
- Sport specific drills
- Traditional weight training

**Criteria for full return to competition**

- Full range of motion
- Hip strength equal to uninjured side, single leg pick-up with level pelvis
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test