



HIP ARTHROSCOPY WITH CHEILECTOMY AND LABRUM REPAIR/DEBRIDEMENT

Patient Checklist :

Weightbearing:	Phase I: Initial Exercises	week	1	2	3	4	5	6	7	9	13	17	21
FFWB x 3 weeks (crutches -- 20 lb. WB)	Ankle Pumps		•	•									
CPM:	Gluteus Slide		•	•									
2 weeks 4--6 hrs/day	→ do standing			•	•	•							
Lie on Stomach:	Isometrics		•	•									
1--2 hrs 2--3x/day	Stationary Bike with non resistance		•	•	•	•							
No external rotation (past neutral) for 3 weeks	Passive ROM / CIRCUMDUCTION **		•	•	•	•	•	•	•				
	→ add extension and ER (FABER)					•	•	•					
	Soft tissue massage and scar mobs		•	•	•	•	•	•					
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Passive Stretching: Quad & Piriformis		•	•	•	•	•	•					
	→ add Hip Flexor Stretching			•	•	•	•	•					
	Deep Water Progression			•	•	•	•	•	•	•	•	•	
Modalities: Active Release Technique. Ultrasound, and E--Stim as needed starting week 3.	Quadruped Rocking			•	•	•							
	Standing Hip IR			•	•	•	•	•	•	•	•	•	
	Resisted Prone IR/ER			•	•	•	•	•	•	•	•	•	
Time Lines: Week 1 (1---7 POD) Week 2 (8---14 POD) Week 3 (15---21 POD) Week 4 (22---28 POD)	Lower Abdominal Progression & Transverse Abdominals **		•	•	•	•	•	•					
	Glute Progression **		•	•	•	•	•	•					
	Bridging Progression **			•	•	•	•	•					
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	Gait Progression "crutch weaning" **				•	•							
	Short Arc Quads & VMO Strengthening		•	•									
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Straight Leg Raises w/ Transversus Abd **			•	•								
	Proprioception		•	•	•	•	•	•	•	•			
	Phase II: Intermediate Exercises		1	2	3	4	5	6	7	9	13	17	21
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Balance Progression **			•	•	•	•	•	•				
	Stationary Biking with Resistance				•	•	•	•	•	•	•	•	
	Double 1/3 Knee bends				•	•	•	•	•	•	•	•	
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Advanced Core Progression				•	•	•	•	•	•	•	•	
	→ Pilates Exercises (w/ instructor)					•	•	•	•	•	•	•	
	Manual Mobilizations (w/ PT) **				•	•	•	•	•	•	•	•	
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Side Stepping							•	•	•	•	•	
	Elliptical/Stairclimber						•	•	•	•	•	•	
	Single 1/3 Knee Bends(after OK Double Leg)								•	•	•	•	
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	→ Lateral step downs							•	•	•	•	•	
	→ Balance Squats								•	•	•	•	
	MultiDirectional Lunges								•	•	•	•	
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Phase III: Advanced Exercises		1	2	3	4	5	6	7	9	13	17	21
	Plyometrics Progression										•	•	
	Side to side lateral movement											•	
ROM Limits: Flexion: 90° x 10 days Ext: 0° x 3 wks Abd: 25° x 3 wks ER: 0° x 3 wks IR: no limits	Fwd/Bkwd Running w/ cord										•	•	