

Rehabilitation Protocol: Hip Arthroscopy with Labral/Chondral Debridement



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Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-2) – Goals: Independent ambulation

- **Weightbearing:** As tolerated with assistive devices
- **Hip Brace:** None
- **Range of Motion**
 - Limit flexion to 90 degrees (x2 weeks)
 - Limit abduction to 30 degrees (x2 weeks)
 - Internal rotation at 90 degrees flexion limited to 20 degrees (x2 weeks)
 - External rotation at 90 degrees flexion limited to 30 degrees (x2 weeks)
- **Therapeutic Exercises**
 - Muscle activation/isometrics to prevent atrophy
 - Progress range of motion and stretching
 - Proximal hip control, pelvic strengthening
 - Gait normalization

Phase II (Weeks 2-12) – Goals: Muscle reactivation, neuromuscular re-education & strengthening

- **Weightbearing:** As tolerated -- discontinue assistive devices when gait normalizes
- **Range of Motion** – Progress to full range of motion
- **Therapeutic Exercises**
 - Can begin use of the stationary bicycle (2 wks), elliptical (4 wks)
 - Supine progression
 - Pelvic clocks
 - Supine lower trunk rotations
 - Bridging series
 - Supine FABER slides
 - Balance progression
 - Lunge progression

Phase III (Months 3-6) Goals: Return to athletics & unrestricted activities

- **Range of Motion** – Full, painless ROM
- **Therapeutic Exercises**
 - Treadmill walking with advance to jogging at 3 months
 - Continue strengthening for return to full activities
 - Unrestricted return to activities/sports at 4-6 months with approval of MD

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____