

**Hip Arthroscopy - Microfx  
Brent T. Warner, MD**

For questions or concerns please contact us at: 651-968-5796  
Please fax progress notes to 651-730-3753



**SUMMIT  
ORTHOPEDICS**

**REHABILITATION PROTOCOL**

**Phase I: Weeks 1-9**

**IMMOBILIZATION/CRUTCHES**

Hip brace x 3 weeks

20 lbs WB with crutches x 6 weeks

CPM 4 hours total/day

**RANGE OF MOTION:**

**Abd:** 45

**Flexion:** as tolerated, pain free and no pinching sensation

**No** Extension or ER

AVOID hip flexor irritation

**Week 7:** Progress to Full ROM

<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Exercise</b>	20 pounds WB with crutches	20 pounds WB with crutches	20 pounds WB with crutches	20 pounds WB with crutches	20 pounds WB with crutches	20 pounds WB with crutches	Wean from Crutches	Wean from Crutches
CPM	4 hours/day 10-45 degrees	4 hours/day 10-60 degrees	4 hours/day 10-70 degrees	4 hours/day 10-80 degrees	4 hours/day 10-80 degrees	4 hours/day 10-80 degrees		
Stationary Bike – no resistance	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day	20 minutes 2x/day
Circumduction – clockwise and counter clockwise 10 minutes each	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	1x/day 3x/week	1x/day 3x/week
Isometrics TA/obliques/multifidi/glutes/abductors	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	2x/day 3x/week	1-2x/week	1-2x/week
Passive ROM – Log rolls	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week
Stretching		2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week	2-3x/week
AROM				2x/day	2x/day	2x/day	2x/day	2x/day

**PHYSICAL THERAPY EXERCISES:**

**Week 1:** Stationary bike (no resistance, high seat, no recumbent bike), log rolls, hip circumduction, seated or long sitting hamstring stretch, **isometrics** (TA/obliques/multifidi first then special focus on glutes and abductors), prone lying 2-3 hours per day

**Week 2:** continue all from week 1, quadruped cat camel, standing abd with IR, quadruped rockback with posterior pelvic tilt, quadruped hip extension within motion limitations, quadruped bird dogs

**Week 3 - 6:** Continue all exercises from week 1 and 2, double leg bridges, stool rotations, physioball rollouts

**Week 7:** stationary bike – no resistance, double leg bridges with abduction, ½ kneeling weight shifts, ½ kneeling single arm row/extension, hip hikes, standing hip abduction ISOMETRICS

**Week 8:** sidelying clams, standing lateral and forward/backward weight shifts, SL stance and balance, quadruped fire hydrant, ½ kneeling upper body lifts/chops, ¼ squats, forward step ups

**Week 9:** Progress to FWB, Forward shift to RDL, plank, therapy ball hamstring curls, side step ups, split lunge, Y balance

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**SUMMIT  
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**PHASE II:**

**Weeks 10 – 15**

**IMMOBILIZATION/CRUTCHES**

Full weight bearing without relying on crutches

Normal gait pattern

**RANGE OF MOTION:**

Full pain-free range of motion

**THERAPEUTIC EXERCISES:**

Advance exercises from Phase I, bridge with alternating knee extension, side stepping in squat, double leg bodyweight squats, single leg ¼ squat, lunges, side plank, resisted stool rotations, Elliptical, resisted biking, Phase II sports test at 3 months

**PHASE III:**

**Weeks 16+**

**IMMOBILIZATION/CRUTCHES**

Full weight bearing without relying on crutches

Normal gait pattern

**RANGE OF MOTION:**

Full pain-free range of motion

**THERAPEUTIC EXERCISES:**

Running progression, safe return to sport or functional activities, balance squats with rotations, lunge with trunk rotations, single plane agilities, Begin advanced/multidirectional agilities, transition to single leg plyos

**To reference all exercises and more information on hip arthroscopy visit this website:**

<http://www.summitortho.com/services/hip/hip-arthroscopy/>