

Rehabilitation Protocol: Hip Arthroscopy Femoro-acetabular Impingement and Labral Repair

Phase I (Weeks 0-2) – Repair protection and ROM

- Crutches – toe touch weight bearing for 2 weeks
- Gait retraining
- Hip ROM exercises
 - Tolerated range only
 - Flexion only to 90 degrees
- Stretches
 - Hip Flexors only to neutral
 - Quads, adductors, Hamstrings

Phase II (Weeks 2-6) - Stability

- Crutches – progress to full weight bearing over 4 weeks
- Gait retraining
- Hip ROM exercises
 - Quadrupled rocking
 - Prone hip extension
 - Prone hamstring curls
 - Prone pendulum
 - Standing hip abduction toward end of phase 2
- Stretches
 - As in phase one with no range restrictions
- Cardiovascular fitness
 - Bike – begin with high seat position and progress lower
 - Pool

Phase III (Weeks 6-16) – Strengthening – core and glut focus

- Hip ROM and stretches
 - Continue as in phase 2
 - Increase bike resistance – progress to elliptical
- Functional Strengthening
 - Leg press
 - Single leg balance
 - Box step up
 - Lunges – forward 90 degrees
 - Lunges – lateral
 - Lateral walk and squat
 - Planks – side and prone

Phase III (Month 4) – Sport specific

- Return to sport specific training – personalised depending on progress at this stage

Comments: