Complex Hip Arthroscopy Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following complex hip arthroscopy. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon. Complex labral repair, rim ORIF, labral augmentation/reconstruction.

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 0-6	● **Protect surgical site**
	● **Avoid muscle contractures**
	● Achieve and maintain good muscle activation in all planes
	● Manage swelling and pain
		● PWB: **25%** WB
		● PROM only
		● ROM limited to:
		  ● Flexion: **90 deg**
		  ● Extension: **10 deg**
		  ● IR/ER to **20 deg** in neutral, **no rotation in hip flexion**
		  ● Abduction to **30 deg**
			General guidelines
			● PRICE
			● Isometrics in all planes
			● Ankle pumps
			● Prone lying, prone knee flexion , and prone rotation as tolerated
			Initial visit
			● FOTO, LEFS
			Week 3-4
			● Initiate bike for ROM: **<90 degrees** of hip flexion

Weeks 6-12	● Initiate progressive loading ● Weaning from assistive device beginning week 6 ● **>75%** of full ROM	● Progressive weight bearing based on patient symptoms beginning week 6 ● AAROM - AROM ● ROM to tolerance in all planes, **avoid anterior hip pinching**	**General guidelines** ● Quadruped hip flexion mobility ● Initiate quadriceps, hamstring stretching ● Initiate OKC uniplanar isotonics to tolerance ● Initiate double leg CKC exercises to tolerance **Week 6** ● FOTO, LEFS

Weeks 12-16	● Ambulate without antalgia
	● Tolerating community ambulation by week 12
	● Full ROM
	● Y-Balance performance
		● **No running, jumping, cutting, or pivoting**	**General guidelines**
			● Hip mobilization may be used
			● Initiate elliptical if desired
			● Progress CKC into greater ROM
			  ● Single leg
			  ● Multi-planar
			  ● Progress resistance as tolerated
			Week 12
			● FOTO, LEFS

Weeks 16-24	● Strength testing **75%** of uninvolved at week 16 ● Initiate return to jogging ● Initiate skating ● Initiate plyometric progressions	● **Avoid large spikes in workload**	**General guidelines** ● Initiate running, skating, and/or plyometric activities **with MD approval** ● Begin sport specific tasks **Week 16** ● FOTO, LEFS

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 24+	● Clearance to full return to sport ● Strength testing **90%** of uninvolved by week 24	● **Avoid large spikes in workload**	**General guidelines** ● Progress sport specific tasks ● Gradual re-introduction to practice and eventual live game play **Week 24** ● FOTO, LEFS