

Richard Villar Practice

Rehabilitation after hip arthroscopic surgery

Exercise	Week	1	2	3	4	5	6-8	8-10	10-12	12+	16+
Pre-discharge and immediate post-operative											
Isometric – Glutes (static bridge,ext rot in prone squeeze)		•	•								
Isometric – Quads (SQ's, SLR, IRQ),Adductors (squeeze)		•	•								
Isometric – Hams (static bridge, heel digs)		•	•								
Isometric – Tr Ab setting/multifidus		•	•								
AROM ex's – ankle dorsi/plantar flexion		•	•								
AROM ex's - heel slides		•	•								
AROM ex's - BKFO, 4 point knee flexion, prone int rot		•	•	•	•	•	•				
Gait re-education - heel/toe & good pelvic alignment		•	•	•	•	•					
NB: Hip AROM ex's to be guided by pain											
Stretching											
Hip flexors,glutes,hams,adductors (as able within pain limits)		•	•	•	•	•	•	•	•	•	
Cardiovascular exercise											
Walk		•	•	•	•	•	•				
Stationary bike			•	•	•	•	•				
Stepper / X-trainer					•	•	•				
Rower (only if flexion into this range is pain free)						•	•	•	•	•	
Jog								•	•	•	
Core											
Lower abdominal – level 1-5 (progress as able)					•	•	•	•	•	•	
4 point kneeling – progress with arm/leg ext & rotation				•	•	•	•	•	•	•	
Planks (side, fwds, rotating), ball roll outs, Russian twists					•	•	•	•	•	•	
Abdominal curls, mini crunches,					•	•	•	•	•	•	
Strength / Control / Functional											
Clams/sidelying abduction			•	•	•	•	•	•	•	•	
Bridging – double initially			•	•	•	•	•	•	•	•	
Squats – wall,smith machine,free weights,unstable surface						•	•	•	•	•	
Static lunges							•	•	•	•	
Dynamic lunges								•	•	•	
Single leg squats						•	•	•	•	•	
Single leg stance – rotation of opposite hip								•	•	•	
Dynamic/Power/Plyometrics											
Lunges – jump lunges, with resistance											•
Hopping – on/off trampette or box										•	•
Box jumps – bounding											•
Ski -fitter									•	•	•
Hydrotherapy											
Walking				•	•						
Aqua jogging (wounds clean)							•	•	•	•	
Swimming (wounds clean / no breaststroke for 8/52)				•	•	•	•	•	•	•	
Sport											
Contact											•
Non-contact									•		
Manual Therapy											
Physiological mobs			•	•	•						
Accessory mobs (no distraction for 6-8 weeks)						•	•	•	•	•	