PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920

HIP ARTHROSCOPY
Revised August 2008

Post-op Days 1 – 7

Crutches – weight bearing as tolerate (WBAT), D/C when gait is normal
**All exercises must be performed in pain-free range**
Heel slides, AAROM, PROM – Limit flexion to 90 degrees
Calf pumping
Electrical stimulation in full extension with quad sets
Quad sets, Co-contractions quads/hamstring
Short arc quads
Glut sets
Adductor isometric sets (squeeze pillow between legs)
Abductor isometric sets (belt around thighs, push out)
Stationary bike for range of motion (ROM) – No Resistance

**Goals**
Pain control
Hip ROM 0-90 degrees flexion

Days 7 – 14

Crutches – D/C if gait is normal
Continue appropriate previous exercises
**All exercises must be performed in pain-free range**
AAROM, AROM through full range as tolerated
– Rocking to heel in quadruped position
– Prone lying and gentle prone press ups
Standing Straight leg raise (SLR) x 4 directions
Weight shifts and Mini-squats in parallel bars
Heel raises – Double leg to single leg
Core stabilization exercise
– Double leg bridging exercises – neutral pelvis
– Transverse abd contractions
Stationary bike for ROM – Minimal resistance
Pool therapy – Chest deep running, aqua-jogger

**Goals**
Full hip ROM
Normal gait

Weeks 2 – 4

Continue appropriate previous exercises
SLR x 4 on mat
Wall squats, Total gym
Forward, retro and lateral step downs (2-4” step)
Leg press (up to ¼ body weight)
HS curls – Closed chain (carpet drags or rolling stool)
Proprioception ex – Double to single leg BAPS
Core stabilization exercises
– Single-leg bridging (on affected side)
– Crunches
Stationary bicycle for progressive resistance and time
Elliptical trainer
Pool therapy – Waist deep running
Stretches – Hamstring, Hip Flexors, ITB
**Goals**
No pain with stair climbing
Walk 1 mile at easy pace

**Weeks 4 – 6**
Continue appropriate previous exercises
Standing SLR x 4 with Theraband bilaterally
Hamstring curls weight machine
Knee extension weight machine
Leg press (up to ½ body weight)
Proprioception exercise – Single leg ball toss and body blade
Core stabilization exercise
  – Side bridging
  – Plank (hold push-up position on elbows)
Treadmill – Walking progression program
Stairmaster
Pool therapy – Unrestricted
**Goal** – Walk 2 miles at easy pace

**Weeks 6 – 8**
Continue appropriate previous exercises with progressive resistance
Forward, retro and lateral step downs (med to large step)
Hip weight machine x 4 directions
Hip rotation in weight bearing (closed chain) with hip machine, cables/cord
Functional training – Fitter, slide board
Treadmill – Walking progression approaching 15 min/mile pace
Quad stretches
**Goal** – Walk 2 miles at 15 min/mile pace

**Months 2 – 3**
Continue appropriate previous exercises
Advanced core stabilization exercise
  – Sit backs
  – Quadruped swimmer
  – Double leg lower
  – Physioball
Push-up progression
Treadmill – Running progression program
Pool – Begin swimming laps
**Goal** – Run 2 miles at easy pace

**Months 3 – 4**
Continue appropriate previous exercises
Sit-up progression
Agility drills / Plyometrics
Transition to home / gym program

**Goals**
Return to all activities
Pass APFT at 6 months post-op
**No contact sports until 6 months post-op**

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