

Jeremy Woodson, MD
Board Certified Orthopedic Surgeon

Phone: 405-230-9540 • Appointments: 405-230-9270 • Fax: 405-230-9541

www.jeremywoodsonmd.com

**WOODSON HIP ARTHROSCOPY WITH
LABRAL DEBRIDEMENT REHAB PROTOCOL**

General Info:

This is a list of general guidelines for a hip arthroscopy with labral debridement rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Precautions:

- Weight bearing will be determined by the procedure
- Hip flexors tendonitis
- Trochanteric bursitis
- Synovitis
- Manage scarring around the portal sites
- Increase ROM focusing on flexion and rotation

Post-Op Weeks 0-2: Phase I

- Weight bearing:
 - Gait training with partial weight bearing with bilateral crutches
- Strengthening and Conditioning:
 - Bike for 20 minutes per day (can be 2x/day)
 - CPM for 4 hours per day
 - Supine hip log rolling for internal rotation
 - Bent knee fall-outs
 - Pelvic tilts
 - Hip isometrics NO flexion
 - Supine bridges
 - NMES to quad
 - Stool rotations (active internal/external rotation)
 - Quad rocking for hip flexion
 - Sustained stretching for PSOAS with cryotherapy (2 pillows under hips)
- Scar massage
- Modalities

Post-Op Weeks 2-4: Phase II

- Weight bearing:
 - Progress weight bearing
- ROM:
 - ER w/ FABER
 - Prone hip rotations (ER/IR)
 - Standing BAPS rotation

WOODSON HIP ARTHROSCOPY WITH LABRAL DEBRIDEMENT REHAB PROTOCOL

- Strengthening and Conditioning:
 - Glute/piriformis stretch
 - Progress core strengthening (avoid hip flexor tendonitis)
 - Progress with hip strengthening-isotonics all directions except flexion
 - Step downs
 - Clam shells
 - Hip hiking (begin week 4)
 - Begin proprioception/balance training (balance boards, single leg stance)
 - Bike/elliptical
 - Bilateral cable column rotations
 - Treadmill side stepping progress from level to inclines (begin week 4)
 - Aquatic therapy in shallow end of pool (no treading water)
- Scar massage

Post-Op Weeks 4-8: Phase III

- ROM:
 - Hip joint mobilization with belt
 - Lateral and inferior with rotation
 - Prone posterior-anterior glides with rotation
 - Hip flexor, glute/piriformis and IT band stretching
- Strengthening and Conditioning:
 - Introduce hip flexion isotonics
 - Multi-hip machine (open and closed chain)
 - Leg press (bilateral → unilateral)
 - Isokinetics: knee flexion/extension
 - Core strengthening (avoid hip flexor tendonitis)
 - Prone/side planks
 - Progress with proprioception/balance
 - bilateral → unilateral → foam → dynadisc
 - Progress cable column rotations from unilateral → foam
 - Side stepping with theraband
 - Hip hiking on stairmaster

Post-Op Weeks 8-12: Phase IV

- ROM: progressive hip ROM
- Strengthening and Conditioning:
 - Progressive lower extremity and core strengthening
 - Endurance activities around the hip
 - Dynamic balance activities

Post-Op Weeks 12-16: Phase V

- Strengthening and Conditioning:
 - Progressive lower extremity and core strengthening
 - Plyometrics
 - Treadmill running program
 - Sport specific agility drills