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POSTOPERATIVE REHABILITATION PROTOCOL

HIP ARTHROSCOPY with GLUTEUS MEDIUS REPAIR

OVERVIEW

Phase I (Weeks 1-6):

Hip brace with ambulation x 4 weeks, 20# weight bearing with foot flat pattern during walking x 6 weeks, avoid hip flexor irritation, PROM and AROM exercises within limitations, isometric strength gains to focus on muscle firing patterns, encourage prone lying 2-3 hours a day

Phase II (Weeks 7-9):

Wean from crutches, normalize gait pattern, restore full AROM and PROM gradually, initiate closed chain exercises and weight shifting exercises

Phase III (Weeks 10-15):

Begin resisted biking, progress strengthening exercises from double to single leg, focus on return to prior activities without pain or irritation, progress lower extremity strength and endurance

Phase IV (Months 4-6):

Begin return to running program; functional strengthening and agility; return to sport exercises

Home program:

Continue through 1 year

Progression of activities:

- *Crutches:* 20# WB with foot flat walking pattern x 6 weeks, then progress to full WB
- *Hip brace:* Wear hip brace while ambulating x 4 weeks
- *Driving:* Avoid driving until you are no longer taking narcotic pain medication, are able to actively lift leg (around 3 weeks) and have the necessary limb control to perform all driving tasks.
- *Aqua therapy:* May begin after week 3 once incisions have healed
- *Running:* Wait until 3 months before beginning running progression
- **This protocol is non-linear**
- **Patients may progress at different rates. Do not push through the pain**
- **Please use clinical judgement and tailor to each patient's needs**



PHASE I: PROTECTION AND ROM (WEEKS 1-6)

GOALS

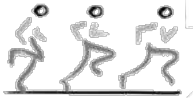
- Protect repair
- Avoid active hip abduction, passive hip adduction
- Avoid hip flexor irritation (no sitting with hip flexed >90 degrees)
- Control and decrease pain, inflammation, swelling, or effusion
- Avoid adhesion formation with passive motion and soft tissue mobilization
- Hip brace when ambulating for 4 weeks
- 20lb Weight bearing with foot flat gait pattern x 6 weeks, then WBAT
- ROM restrictions: Abduction to 45 (passive ONLY), no extension past 0, ER past 30

EXERCISES

- WEEK 1** Hamstring sets and seated hamstring stretch
Prone hangs, prone lying 2-3 hours a day
Ankle pumps
Supine PROM
- Flexion to 75, Abduction to 30, ER and IR to 20 (with hip flexed)
 - 30 reps of each plane of motion
- Log rolls
Isometrics (focus on transabdominals, obliques, gluteals, abductors)
- WEEK 2** Continue week 1 exercises
Circumduction
- Hip flexed to 70, knee flexed to 90. Gently move the thigh in small circular movements (first clockwise, then counter-clockwise)
 - Avoid ER/IR
 - Perform for 5 minutes in each direction.
 - Repeat again in neutral (hip abducted 20 degrees, knee extended)
- Stationary bike, no resistance, keep seat high, no recumbent bike
Quadruped progression (be mindful of ROM restrictions)
- Cat and camel
 - Rockback (with slight posterior tilt)
 - Hip extensions
- Soft tissue mobilization (start superficial, progress to deep)
Scar massage at portal incisions x 5 minutes
- WEEK 3-6** Continue week 2 exercises
Begin aquatic therapy (as long as incisions are well-healed)
Double leg bridges
Stool rotations (within ROM restrictions)
Physioball rollouts

Criteria to progress

- Well-controlled postoperative pain
- No frontal/sagittal plane deviations of hip and pelvis when ambulating



PHASE II: STABILITY AND GAIT (WEEKS 7-9)

GOALS

- Protect repair
- Normalize gait pattern
- Initiate closed chain and weight shift exercises
- Continue with phase I exercises as appropriate

EXERCISES

<i>WEEK 7</i>	Wean from crutches, normalize gait pattern Stationary bike, no resistance, keep seat high, no recumbent bike
<i>WEEK 8</i>	Sidelying clam shells (progress to TheraBand resistance) Standing hip abduction isometrics (foam roller or against wall)
<i>WEEK 9</i>	Bilateral low-weight leg press Advance quadriceps/hamstring strengthening Side step-ups Y balance reaching Balance and proprioceptive training (Bosu ball, balance board, single leg stance) Begin elliptical

Criteria to progress

- No gait deviations
- Minimal pain following activities
- ROM equal to contralateral side

PHASE III: STRENGTH AND MUSCULAR ENDURANCE (WEEKS 10-16)

GOALS

- Prevent compensation due to fatigue
- Begin resisted biking
- Progress strengthening exercises from double to single leg
- Focus on return to prior activities without pain or irritation
- Progress lower extremity strength and endurance

EXERCISES

<i>WEEKS 10-16</i>	Continue all appropriate exercises from phase II Low-weight unilateral leg press Half prone plank/pillar bridge (progress to full/bosu when appropriate) Double leg body weight squats Single leg quarter-squat Forward/lateral/reverse lunges Begin Abductor/IT band/Glut-Max stretching
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Cardiovascular Exercises

- Elliptical trainer (start with 5 minutes, increase 5 minutes each week)
- Resisted biking (advance resistance as tolerated)

TRANSITION TO HEP OR FURTHER THERAPY AS NEEDED

Maintenance program for strength, endurance, and proprioception