

Hip Arthroscopy Labral Repair/CAM Osteotomy

Dr. Murphy

Time Frame	Treatment	Goals
Post-Op Day NWB x 6 weeks	<ul style="list-style-type: none"> • Dressing change • Instruction in signs and symptoms of infection • Check for DVT • Instruction in HEP for quad sets, hamstring sets, prone lying, prone hamstring curls, quadruped cat/cow, quadruped prayer stretch • Hip flexion to 90°, all other hip ROM as tolerated 	<ul style="list-style-type: none"> • Independent in HEP • Fair Quad Set • Progressive hip/knee ROM as tolerated to WNL with exception of hip flexion
Phase I 0-6 weeks NWB x 6 weeks	<ul style="list-style-type: none"> • Frequency – 1x/week if needed to attain good quad set and progress ROM • Table exercises in the clinic and for HEP • Hip flexion to 90°, all other hip ROM as tolerated 	<ul style="list-style-type: none"> • Good quad set • Full Extension • Knee ROM WNL • Hip Flexion to 90°
Phase II 6-12 weeks WBAT	<ul style="list-style-type: none"> • Progress WBAT • Progress hip flexion to WNL • Begin and progress functional strength training and gym exercises as tolerated 	<ul style="list-style-type: none"> • Regaining quad/hamstring/gastroc atrophy • Non antalgic gait up/down stairs • D/C PT when ambulating with non-antalgic gait on level surfaces and up/down stairs.
Phase III 12+ weeks	<ul style="list-style-type: none"> • Initiate Running/Plyometric program for HEP • May progress back to athletic activities at 4 months per MD discretion 	