

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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HIP ARTHROSCOPIC-ASSISTED CORE DECOMPRESSION PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Hip Core Decompression with or without Labrum Repair

Postop	Goals	Precautions	Exercises
Weeks 0-4 HEP daily	Full ROM Prevent quad inhibition Edema and pain control Promote independence	TTWB (20 lb) Limit ER <20° (2 wks) No hyperextension Brace except for approved exercises and CPM No hip flexion isometrics until wk 3 <u>CPM (4 hrs/day x 2 weeks)</u> Start 0-90°, advance 5-10° per day as tolerated Decrease to 3 hrs/day if stationary bike is used 20 min/day	PROM pain free as tolerated with ER limit Supine hip rolling for IR/ER, stool rotations/prone rotations, stool stretch Hip isometrics in all directions except flexion Pelvic tilts, supine bridges NMES to quads with SAQ with pelvic tilt Sustained stretching for psoas with cryotherapy (2 pillows under hips) Glut/piriformis stretch Progress core strengthening (avoid hip flexor tendonitis) Step downs Clam shells
Weeks 4-8 HEP daily	Full ROM Normal gait pattern Ascend 8" step with control Normal patella mobility Improve ADL endurance	Progress to WBAT DC brace Avoid descending stairs reciprocally Avoid painful activities No running	Continue above exercises Elliptical Hip hiking, side stepping with theraband/treadmill Bilateral cable column rotations Bent knee fall outs Progress ROM – standing BAPS rotations, prone hip ER/IR, ER with FABER, hip flexor, glute/piriformis, and ITB stretching (manual and self) Progress strengthening – hip flexion isotonic, multi-hip machine, leg press, knee flex/ext isokinetics Progress with proprioception/balance
Weeks 8-16 HEP daily	Return to normal ADLs Improve endurance	WBAT Avoid painful activities	Progress LE and core strengthening Endurance activities around the hip Dynamic balance activities Active release therapy Light plyometrics Treadmill running program and sport specific agility drills if cleared by MD at 12 weeks
Weeks 16+ HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities No RTP until MD clearance	Continue and advance above Advance plyometric program

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**