

## **Thomas X. Nguyen M.D.'s Hip Arthroscopy Rehab Protocol**

### Phase 1: Immediate Rehab Week 0- end of Week 2

- Main goals
  - Pain management
  - Hip passive range of motion
  - Soft tissue manipulation
  - Patient education
- Foot flat weight bearing with crutches with brace on for 2 weeks if labral repair or labral debridement

### Phase 2: Transitional Rehab Week 3-end of Week 6

- Main goals
  - Pain management
  - Restore full active and passive ROM and proper muscle activation
  - Soft tissue manipulation
  - Patient education
- Foot flat weight bearing with crutches with brace on for 6 weeks if labral reconstruction

### Phase 3: Intermediate Rehab Week 7-end of Week 9

- Main goals
  - Normal gait pattern / wean from brace
  - Full active ROM with proper muscle activation
  - Soft tissue balance
  - Patient education on proper form and body mechanics

### Phase 4: Advanced Rehab Week 10-end of week 12

- Main goals
  - Focus on restoration of muscular strength and endurance
  - Focus on restoration of cardiovascular endurance

### Phase 5: Sport Specific Training (>12 weeks)

- Main goals
  - Return to patient's "appropriate" goal functional level
- Exercises
  - Start Treadmill walking
  - Progress single leg strengthening and functional balance
  - Start agility training
  - Return to run program as tolerated
  - Specific sport drills as appropriate