

Physical Therapy Prescription Hip Arthroscopy – Capsular Repair

Patient Name:

Today's Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) Capsular repair

MODALITIES

| TIME PERIOD | WEIGHT BEARING | RANGE OF MOTION | BRACE | EXERCISES |
|-------------------------------|--|---|-------|---|
| 0-2 weeks | WBAT | CPM for 4 hours/day ideal. Bike for 20-30 min/day x 2. PROM as tolerated but NO ER > 10 degrees. Limit hip extension to neutral | None | Hip isometrics – NO FLEXION with resistance. Pelvic tilts, supine bridges, quadruped rocking and PROM for hip flexion, gait training, modalities |
| 2-4 weeks | WBAT. Wean off crutches (2→1→0) as gait normalizes | Continue previous tx, progress ROM in flexion, bent knee fall outs, Hip flexor and ITB – manual and self, soft tissue mobilization. | None | Glut/piriformis rolling, core strengthening (avoid hip flexor tendinitis), hip strengthening – CKC, balance training (flat ground only), bike, easy hikes, swimming |
| 4-8 weeks | WBAT Limit 45 lb load for all strength exercises x 12 weeks | Progress previous tx, LIMIT hip extension, abduction and ER. Foam roller for mobilization | None | Progress strengthening, closed chain hip exercises, leg press bilateral, short arc CKC strength, Weight limit 45# |
| 8-12 weeks | WBAT | Full ROM | None | Progress LE and full body strengthening, hip endurance activities, Hip hinge exercises. Cont. 45# max load |
| 12-16 weeks | WBAT Jogging may begin at 12 weeks post op | Full ROM | None | May begin linear progression of squat and deadlift, plyometrics, running program, sport specific agility drills |
| 3-6 months | WBAT | Full ROM | None | Hip Outcome Score, pain free or manageable discomfort, NO OPEN CHAIN BIODEX TESTING, Single leg cross-over triple hop for distance within 85% uninvolved, Deadlift body weight pain-free (HEX BAR okay) |
| Criteria for Discharge | WBAT | Full ROM | None | Hip Outcome Score, pain free or manageable discomfort, NO OPEN CHAIN BIODEX TESTING, Single leg cross-over triple hop for distance within 85% uninvolved, Deadlift body weight pain-free (HEX BAR okay) |

Physical therapy to evaluate and treat for post-op hip arthroscopy.

Frequency & Duration: Evaluate post-op day 10-14, 1-2x/week for 1st 6 weeks, 1-2x/week for 2nd 6 weeks, 1-2x/week for 3rd 6 weeks (if needed)

**Please send progress notes.

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