

## Travis G. Maak, M.D.

590 Wakara Way Salt Lake City, UT 84108 Tel: (801) 587-7040

Fax: (801)587-7112 Lic. # 8234797-1205

## Physical Therapy Prescription Hip Arthroscopy – Labral Repair with Cartilage Transplant - Autograft

| ideal. Bike for 20-30 min/day x 2. PROM as tolerated but NO ER > 10 degrees. Limit hip extension to neutral with exception of gait  4-6 weeks  TIWB  TIWB  Continue previous ROM. Hip flexor and ITB - manual and self, soft tissue mobilization.  Forgerss previous tx, full ROM with the exception of hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH ANTERIOR HIP X 12 WEEKS  WBAT  Full ROM with exception of hip extension and ER WBAT  Full ROM with exception of hip extension and ER TIWB  Full ROM - May begin to strength ening, cor strengthening (avoid hip tendinitis), hip strengthen OKC, bike, swimming Progress previous tx, full ROM with the exception of hip extension and ER. Limit hip extensi | atient Name:          |  | Today's Date:  | Surgery Date:  |
|--|-----------------------|--|--|--|
| TTWB  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 with exception of gait  Continue previous ROM. Hip flexor and ITB modalities, stationary bik tendinitis), hip strengthening (avoid hip tendinitis), hip strengthening. Contain hip extension to normal walking gait only. Limit 45 lb load for all strength exercises x 12 weeks  WBAT  WBAT  Full ROM with exception of hip extension and ER. Limit hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH  ANTERIOR HIP X 12 WEEKS  WBAT  Full ROM with exception of hip extension and ER. Date of hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH  ANTERIOR HIP X 12 WEEKS  *Leg press max weight is patient's body weight + weighted.  Progress LE and full body strengthening, hip enduractivities, Hip hinge exercont. 45# max load  12-16 weeks  WBAT  Full ROM - May begin to stretch anterior hip and ER of hip  Weeks post op  WBAT  Full ROM - May begin to stretch anterior hip and ER of hip  Weeks post op  WBAT  Full ROM - May begin to stretch anterior hip and ER of hip  NO OPEN CHAIN BIODEX TESTING, Single leg crosstriple hop for distance with the stretch anterior disple hop for distance with the stretch anterior hip hop for distance with the suprince for hip with resistance. Pelvic title suprince for hip with resistance with the su | x: s/p ( LEFT / RIGHT | ) Labral repair with or                                | without FAI component  |  |
| ideal. Bike for 20-30 min/day x 2. PROM as tolerated but NO ER > 10 degrees. Limit hip extension to neutral with exception of gait  4-6 weeks  TIWB  TIWB  Continue previous ROM. Hip flexor and ITB - manual and self, soft tissue mobilization.  Forgerss previous tx, full ROM with the exception of hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH ANTERIOR HIP X 12 WEEKS  WBAT  Full ROM with exception of hip extension and ER WBAT  Full ROM with exception of hip extension and ER TIWB  Full ROM - May begin to strength ening, cor strengthening (avoid hip tendinitis), hip strengthen OKC, bike, swimming Progress previous tx, full ROM with the exception of hip extension and ER. Limit hip extensi | TIME PERIOD           | WEIGHT BEARING   | RANGE OF MOTION  | EXERCISES  |
| ### TTWB    Hip flexor and ITB - manual and self, soft tissue mobilization.   Progress previous tx, full ROM with the exception of hip extension and ER. Limit 45 lb load for all strength exercises x 12 weeks   Progress x 12 weeks    ### Taffer 6 weeks   WBAT   Full ROM with exception of hip extension and ER. Limit 45 lb load for all strength exercises x 12 weeks   Progress E and full body strengthening, and the exercises x 12 weeks    ### Taffer 6 weeks   Progress strengthening, and the exercises x 12 weeks    ### Taffer 6 weeks   Progress Weight 1 weighted.    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced cont. 45 # max load    ### Taffer 6 weeks   Progress LE and full body strengthening, hip endured activities, Hip hinge exerced him exercises, leg points and him hip exerc | 0-4 weeks             | TTWB   | ideal. Bike for 20-30<br>min/day x 2. PROM as<br>tolerated but NO ER > 10<br>degrees. Limit hip<br>extension to neutral with | Hip isometrics – NO FLEXION with resistance. Pelvic tilts, supine bridges, quadruped rocking and PROM for hip flexion, anti-inflammatory modalities, stationary bike |
| WBAT after 6 weeks  WBAT after 6 weeks  Limit hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH ANTERIOR HIP X 12 WEEKS  WBAT  Full ROM with exception of hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH ANTERIOR HIP X 12 WEEKS  *Leg press max weight is patient's body weight + weeks  Progress LE and full body strengthening, hip enduractivities, Hip hinge exerce cont. 45# max load  May begin linear progres of squat and deadliff, plyometrics, running progres sport specific agility drills  WBAT  Full ROM – May begin to stretch anterior hip and begin at 12 weeks post op  Testing, Single leg crosstriple hop for distance wire with the exception of hip extension and ER.  NO OPEN CHAIN BIODEX TESTING, Single leg crosstriple hop for distance wire with the exception of hip extension and ER.  Limit hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension and ER. Limit hip extension to strength, Weight limit 45# weighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Leg press max weight is patient's body weight + woighted.  *Log press LE and full body strengthening, hip enduractivities, Hip hipse exerce cont. 45# max load  *May begin linear progres of squat and deadlift, plyometrics, running progres sport specific agility drills  *May begin for squat and deadlift, plyometrics, running progres sport specific agility drills  *May begin for squat and deadlift, plyometrics, running progres sport specific agility drills  *May begin for squat and deadlift, plyometri | 4-6 weeks             | TTWB   | Hip flexor and ITB –<br>manual and self, soft  | Glut/piriformis rolling, core<br>strengthening (avoid hip flexor<br>tendinitis), hip strengthening –<br>OKC, bike, swimming  |
| WBAT  Full ROM with exception of hip extension and ER  WBAT  Full ROM with exception of hip extension and ER  Full ROM - May begin to strengthening, hip enduractivities, Hip hinge exerce Cont. 45# max load  May begin linear progress of squat and deadlift, plyometrics, running progress to sport specific agility drills weeks post op  WBAT  Full ROM - May begin to stretch anterior hip and ER of hip  NO OPEN CHAIN BIODEX TESTING, Single leg crosstriple hop for distance wire wire with the progress LE and full body strengthening, hip enduractivities, Hip hinge exerce Cont. 45# max load  May begin linear progress of squat and deadlift, plyometrics, running progress to sport specific agility drills  NO OPEN CHAIN BIODEX TESTING, Single leg crosstriple hop for distance wire wire with the progress of squat and deadlift, plyometrics, running progress to sport specific agility drills  WBAT  Full ROM  Full ROM  Sometiment of the progress LE and full body strengthening, hip enduractivities, Hip hinge exerce Cont. 45# max load  May begin linear progress of squat and deadlift, plyometrics, running progress to sport specific agility drills  Full ROM  NO OPEN CHAIN BIODEX TESTING, Single leg crosstriple hop for distance wire with the progress of squat and deadlift, plyometrics, running progress of squ | 6-8 weeks             | weeks Limit 45 lb load for all strength exercises x 12 | ROM with the exception of hip extension and ER. Limit hip extension to normal walking gait only. DO NOT STRETCH              | strength, Weight limit 45# when weighted.  |
| Testing weeks  WBAT  Jogging may begin at 12 weeks post op  Tell ROM – May begin to stretch anterior hip and begin at 12 weeks post op  WBAT  Full ROM – May begin to stretch anterior hip and ER of hip  NO OPEN CHAIN BIODEX TESTING, Single leg cross- triple hop for distance wi 85% uninvolved, Deadlift  | 8-12 weeks            |  |  | Progress LE and full body strengthening, hip endurance activities, Hip hinge exercises.  |
| 3-6 months  NO OPEN CHAIN BIODEX TESTING, Single leg cross- triple hop for distance wi WBAT  Full ROM  85% uninvolved, Deadlift  | 12-16 weeks           | Jogging may<br>begin at 12                             | stretch anterior hip and   | May begin linear progression of squat and deadlift, plyometrics, running program,  |
| BAR okay)  | 3-6 months            |  | Full ROM   | NO OPEN CHAIN BIODEX TESTING, Single leg cross-over triple hop for distance within 85% uninvolved, Deadlift = to body weight pain-free (HEX BAR okay)                |
| Physical therapy to evaluate and treat for post-op hip arthroscopy.  | hysical therapy to ev | aluate and treat for p                                 | ost-op hip arthroscopy.  |  |
| requency & Duration: Evaluate post-op day 10-14, 1-2x/week for 1st 6 weeks, 1-2x/week for 2nd 6 w  |                       |  |  | eeks, 1-2x/week for 2 <sup>nd</sup> 6 weeks, 1   |
| <sup>grd</sup> 6 weeks (if needed)   | d 6 weeks (if needed  | )  |  |  |
| **Please send progress notes.  | Please send progres   | s notes.   |  |  |
| Physician's Signature: M.D.  | nysician's Sianature  |  | M D  | <b>)</b> .   |