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REHABILITATION PROTOCOL FOR HIP SCOPE STABILISATION

Physiotherapy Protocol

The following is intended to guide the patient through the post operative rehabilitation process. Each patient may still require individualised modifications to their program depending on the extent of the original injury, type of surgery performed, pain level, degree of stiffness and strength.

Labrum Repair

Anchors

Cam Lesion

Pincer Lesion

Capsular Repair

Lig Teres

Arthritis

Crutches

Restrictions

This letter is written both as a courtesy and in confidence to assist in the assessment and management of a referred patient. This letter must not be copied to any third party, including the patient or anyone nominated by the patient, without the express permission of the Author.

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Dosage 1-2 daily

0-2 weeks

RICER.
PWB crutches.
Foot and Ankle Exercises.
Isometric Quads, Gluteals, Adductors
Active Hip Knee Flexion in Supine as able.
Active Hip Abduction in Supine as able.
Log rolling leg. Pelvic Tilt, Crook Lying.
TA basic contraction, progressing as able.
TA with Hip Ab/ ER in crook lying.
Pedals on bed or step through bike on trainer.

2-4 weeks

Exercise Bike gentle ROM, no resist, begin 5 mins and build as tolerated.
Active Hip Flexion in Standing.
Isometric Gluteus Medius in Standing.
Bridging 2 legs, elastic around knees, stabilising with abductors.
Clam, Side Lying, Hip flex 45, heels in line with gluteals.
Hip Abduction side lying.
Hip Hitching in Standing (no Step).
Knee to Opposite Shoulder, limit by pain.
PKB
Weight Shift fwd back, side to side

4-6 weeks

Bike
Swimming, increase as tolerated, avoid breast stroke.
Glut Medius stabilisation in 4 point kneel.
Single Leg Bridge, progress to bridge with swiss ball
Clam in Side Lying with lower foot at 45 degrees ER.
Side Lying Plank from knees.
Hip Abduction with foot circles.
Single Leg Balance, Progress to eyes closed.
Wobble Board with Support
Stabilisation Step Downs.
Hip Hitching off Step.
Theraband flex, ext, ab and adduction
Theraband ER/ IR seated and prone

Swiss ball Hamstring Curls
Bridging Swiss Ball, progress to single leg bridge.
Prone Plank 4 point, progress to 3 point, and hip flexion as able.
Side to side stepping with theraband
Theraband Gait
Leg press if able

6-10 weeks

Stretch Piriformis, Gluteus Medius
Stretch Illiopsoas Lunge and Thomas,
Stretch ITB, Squat, watch posture.
Bosu Squat
Single leg squat (if good gluteal control)
Side Plank from Feet, add hip abduction top leg as able.
Stabilisation Lunge.
Side Step ups/ down.
Stabilisation standing on box, move non dependent leg into flex, ext, int rot, circles.
Balance board.
Stabilisation aeroplanes -rotation of Hip IR/ER in standing, hip flexed to 90 degrees.
Walk- Run

10 Weeks +

Fast Feet on Step, Fwd and Side
Side to side Hopping
Cross Leg Over Step
Lunge on Box
Plyometrics
Running where recommended
RTS