

## **Hip Arthroscopy (Labral Debridement, CAM Recession)**

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Precautions: Avoid repetitive pivoting under load, i.e. running/squats/twisting/jumping on surgical leg.

### **PHASE I (1-7 DAYS POST OP):**

- Weight bearing as tolerated (labral debridement)
- Weight bearing with crutches as needed for first 2-3 weeks may wean off (CAM recession)
- Straight leg raise
- Hip AAROM & AROM into flexion and abduction 2 times per day

### **PHASE II (7-10 DAYS POST OP):**

- Schedule 1<sup>st</sup> physical therapy appointment
- Hip ROM for any limited ROM (can be more aggressive with PROM)
- Begin strengthening
  - SLR
  - Sidelying abduction or other gluteus exercises as tolerated
  - Bridging
  - Hip internal and external rotation
  - Isometric exercises
- Stretched (as needed)
  - Hamstrings
  - Hip Flexors
  - IT band

### **PHASE III (4-8 WEEKS POST OP):**

- Week 4: Add swimming
- Week 6-8: Return to running as tolerated if physician approved