



## Hip Arthroscopy (Microfracture)

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### PHASE I (1-2 WEEKS POST OP):

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

- Partial weight bearing with crutches for 5 weeks
- Actively flex and extend hip 50 reps; 3x/day for 4 weeks
- Exercises:
  - SLR
  - Glut sets
  - Bridge

### PHASE II (2 WEEKS POST OP):

- AAROM/AROM
- Spinning on stationary bike with little to no resistance. 20-30 minutes 2 times per day
- Pool program, if available; using kick board and vest while running or kicking across pool, running can be done without touching bottom of pool 2-3 x/week for 20-30 minutes
- Hip isometrics in neutral
- BAPS-progressing with weight as weight bearing increases
- Seated calf strengthening

### PHASE III (8-16 WEEKS):

- Begin full weight bearing (may need to transition to a cane for a few days)
- Double leg 1/3rd knee bends are increased to 1/2 and weight to 50-60%
- Push passive motion harder
- Begin surgical tubing exercises to quads, hamstrings, hip x4. 1 time per day 40-50 reps each
- BAPS and trampoline for balance
- Increase biking intensity
- Toe raises

- Week 13: Stairmaster, leg press, wall squats, step-downs, lunges

#### PHASE IV (16-24 WEEKS):

- Begin weight training on machines
- Double leg knee bends to sport specific demand ankle and 60-70% weight bearing
- 16-20 weeks:
  - Begin return to sport drills
- 20-40 weeks:
  - Plyometrics
- After 4-6 months:
  - May return to sports that involve pivoting, cutting, and jumping