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Hip Arthroscopy with Labral Repair and/or Osteoplasty

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (week 0-2) Goals:</p> <ul style="list-style-type: none"> • <i>Heal</i> • Protect repair and hip flexor • Full extension to 0° by week 2 • Avoid sitting at 90° • CPM 6-8 hours 	<ul style="list-style-type: none"> • Flat foot weight bearing <ul style="list-style-type: none"> ○ Advance to crutch assisted weight bearing with PT based on tolerance ○ <i>Labral reconstruction:</i> FFWB x 4 weeks 	<ul style="list-style-type: none"> • Extension not to exceed 0 degrees • Avoid external rotation for 21 days • Abduction 0-45° Stop shy of pinchy pain with all PROM 	<ul style="list-style-type: none"> • Circumduction 5 minutes each direction, 4x per day • Stationary bike with high seat if needed and lower it to normal height when able • Isometrics 2x/day • Examples <ul style="list-style-type: none"> ○ Quadrupled rocking, cat/camel ○ Begin prone therapies (hamstring curls, pendulum; no hip extensions)
<p>Phase 2 (week 3-4) Goals:</p> <ul style="list-style-type: none"> • <i>Movement</i> • Full ROM • Introduce external rotation and extension >0° • Advance to full weight bearing without limp 	<ul style="list-style-type: none"> • Wean from crutches <ul style="list-style-type: none"> ○ Guided by PT to normalize gait 	<ul style="list-style-type: none"> • Advance to full ROM as tolerated 	<ul style="list-style-type: none"> • Continue as above • Begin bridging progression • Begin hip extensions but do not stretch beyond discomfort
<p>Phase 3 (week 5-6) Goals:</p> <ul style="list-style-type: none"> • <i>Build</i> • Pain free weight bearing 	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • Full A/PROM • Okay to begin dry needling as needed 	<ul style="list-style-type: none"> • Circumduction 2x per day until 6 weeks • Add resistance to stationary bike • Examples <ul style="list-style-type: none"> ○ Single leg balance ○ Box step-up ○ Bosu ○ Side and prone planks ○ Lunges beginning week 6

<p>Phase 4 (week 7-8) Goals:</p> <ul style="list-style-type: none"> Return to recreational activities if pain free 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full May begin posterior capsular mobilization and stretching 	<ul style="list-style-type: none"> Advance strengthening, endurance, balance and proprioception Outdoor biking and elliptical machine Begin functional activity (hike, kick, throw)
<p>Phase 5 (week 9-12) Goals</p> <ul style="list-style-type: none"> Return to sport progression 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full Continue mobilization and dry needling as needed 	<ul style="list-style-type: none"> Begin plyometrics Sport specific progressions <ul style="list-style-type: none"> Golf – begin short and mid irons Hockey – on ice stick handling/passing
<p>Phase 6 (week 13-24) Goals</p> <ul style="list-style-type: none"> Full return to sport 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full Okay for manual hip mobilization anterior and posterior 	<ul style="list-style-type: none"> Begin walk to jog if pain free Advance plyometrics Typically 4-6 months to return to sport <ul style="list-style-type: none"> Golf – driver 4-5 months Hockey – skating progression 13 weeks, full return 4-5 months Running/pivoting sports – full return 5-6 months
<p>Phase 7 (week 25+) Goals</p> <ul style="list-style-type: none"> “Maintenance” physical therapy 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> Recommend continuing “maintenance” physical therapy for 8-12 months following surgery. <ul style="list-style-type: none"> Discuss with therapist frequency and cadence of PT visits