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POST-OPERATIVE REHABILITATION PROTOCOL

Hip Arthroscopy with Labral Repair and Osteoplasty

Phase I

- (0–2 weeks after surgery)

REHABILITATION GOALS

- Protect healing of repaired tissues; reduce pain and swelling in the knee and hip
- Restore strength of quadriceps and surrounding muscles
- Gradually restore passive and active range of motion of the ankle, knee and hip

PRECAUTIONS

- Emphasize pain and swelling control for 24–48 hours after surgery.
- You will be FOOT FLAT WEIGHTBEARING for 2 weeks after surgery. You may rest a flat foot on the ground for balance, but do NOT put weight through the involved lower extremity. You will need to use crutches or a walker in order to maintain your weight bearing status.
- Do NOT allow your toes to turn outward, your hip to extend behind you, or your hip to bend toward your chest beyond 90°. Support the
- _____ leg by hooking your other leg underneath it when getting on/off of the bed, couch, or in/out of the car.
- Avoid or modify painful activities, particularly in the front of the hip; no driving until cleared by your physician

PAIN CONTROL

- Elevate the _____ leg while sitting or lying flat on your back for 24–48 hours after surgery. We recommend placing pillows length ways under the knee and ankle to elevate the leg above your head to reduce swelling.
- You may use ice consistently for 24–48 hours after surgery, then reduce your time to 15–20 minutes per hour. You may use ice every hour if needed, particularly while elevating after exercise. If you have a TENS unit, you may also use this with your ice to help with pain control.
- Pain medication has been prescribed for you, take as directed by your physician.

PRESCRIBED EXERCISES

- Begin your exercises on _____
- Perform your exercises 2–3 times per day (see attached sheet) in addition to using a stationary bicycle 3–5 times per day for range of motion.
- Do NOT allow any sharp pain with any exercise.
- You should begin Physical Therapy within 5 days after surgery. A written prescription from your doctor will be given to you before you leave the hospital.
- For questions regarding your surgery or rehabilitation, please contact your physician's office.

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

