

POST-OPERATIVE REHABILITATION: HIP CORE DECOMPRESSION

Therapy Plan: Twice per week for 0-2 months, once per week for 2-4 months

ROM Progression

Progress ROM as tolerated after surgery with the goal of symmetric full motion at 6-8 weeks.

Weight Bearing Progression

Initial weight bearing 0-2 weeks after surgery should be 25% body weight with the foot flat on the ground.

- Progress weight bearing over weeks 2-4 with the goal of removing crutches at 4 weeks
- Do NOT progress to one crutch - gait must be pain free and non-compensatory to remove both crutches

Initial Post-Operative Physical Therapy Visit

- Correctly perform 25% maximum body weight foot flat weight bearing with crutches
- Instruct on upright (NO recumbent) stationary bike with NO resistance, pedal ONLY with opposite leg
- Isometric exercises for core, glutes, quadriceps, hamstrings

Phase 1 Physical Therapy (0-4 weeks): protect the joint and avoid irritation

- NO open-chain exercises
- Manual therapy 20+ minutes per session, stationary bike 20-60 minutes/day (NO resistance)
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (4-8 weeks): non-compensatory gait and progression

- Tactile and verbal cueing to enable non-compensatory gait patterning
- Soft tissue and joint mobilization, isometric exercises, core strengthening
- Standing weight shifts, backward/lateral walking without resistance
- Closed-chain strengthening and planks starting at 6 weeks advancing as tolerated
- Elliptical may begin at 6 weeks

Phase 3 Physical Therapy (8-12 weeks): return to pre-injury level

- Focus on functional exercises in all planes, advance only when fully controlled
- Soft tissue and joint mobilization, closed-chain exercises, core strengthening
- Strengthening: lunges, resisted side steps, planks
- Slide board and hip rotation movements may begin at 10-12 weeks

Phase 4 Physical Therapy (12+ weeks): return to sport

- Full return may take a full 4-6 months or more
- Soft tissue and joint mobilization, closed-chain exercises, core strengthening
- Agility drills and pool (or Alter G) running may begin at 12 weeks
- Straight running and cutting may begin at 16 weeks
- Plyometric and sport-specific drills may begin at 16 weeks