

## HIP ARTHROSCOPY PROTOCOL - ILIOTIBIAL BAND RELEASE WITHOUT GLUTEUS REPAIR

### Precautions Following Hip Arthroscopy:

- Hip flexors tendonitis
- Trochanteric bursitis
- Synovitis
- Manage scarring around portal sites
- Increase range of motion focusing on flexion

### Guidelines:

#### Weeks 0-4:

Bike for 20 minutes/day (can be 2x/day)

Scar massage

Hip PROM

Hip flexion to tolerance, abduction as tolerated

- Foam Rollers
- Quadruped rocking for hip flexion
- Gait training PWB with assistive device
- Hip isometrics: Extension, adduction, ER at 2 weeks
- Hamstring isotonic
- Pelvic tilts
- NMES to quads with SAQ
- Modalities

#### Weeks 4-6:

Continue with previous core exercises

Foam Rollers

Supine bridges

Isotonic adduction

Progress core strengthening (avoid hip flexor tendonitis)

Progress with hip strengthening

Start isometric sub max pain free hip flexion(3-4 wks)

Quadriceps strengthening

- Scar massage
- Aqua therapy in low end of water
- Progress with ROM
  - Passive hip ER/IR: Supine log rolling, Stool rotation, Standing on BAPS
  - Hip Joint mobs with mobilization belt (if needed)
- Lateral and inferior with rotation
- Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

## **Weeks 8-10**

Continue previous core exercises

Foam Rollers

Progressive hip ROM

Progress strengthening LE

- Hip isometrics for abduction and progress to isotonic
- Leg press (bilateral LE)
- Isokinetics: knee flexion/extension
- Progress core strengthening
- Begin proprioception/balance
- Balance board and single leg stance
- Bilateral cable column rotations
- Elliptical
- Progressive LE and core strengthening
- Hip PREs and hip machine
- Unilateral Leg press
- Unilateral cable column rotations
- Hip Hiking
- Step downs
- Hip flexor, glute/piriformis, and It-band Stretching – manual and self
- Progress balance and proprioception
- Bilateral Unilateral foam rollers and dynadisc
- Treadmill side stepping from level surface holding on progressing to inclines
- Side stepping with theraband
- Hip hiking on stairmaster (week 12)

## **Weeks 12 +**

Foam Rollers

Progressive hip ROM and stretching

Progressive LE and core strengthening

Endurance activities around the hip

Dynamic balance activities

Treadmill running program

Sport specific agility drills and plyometrics

- MMT within 10 percent of uninjured LE
- Step down test