

HIP ARTHROSCOPY PROTOCOL - ILIOPSOAS RELEASE

Phase 1: 1-3 weeks	Phase 2: 4-10 weeks	Phase 3: 10+ weeks
Goals: <ul style="list-style-type: none"> Limit WB to protect hip Diminish pain and inflammation Prevent muscular inhibition 	Goals: <ul style="list-style-type: none"> Normal gait without assistive device Restore full ROM Perform functional movements without pain Single leg stance >15 secs 	Goals: <ul style="list-style-type: none"> Hip flexor strength 90% of uninvolved side No pain with sport and work activities
ROM: <ul style="list-style-type: none"> No limitations, but don't push into pain 	ROM: <ul style="list-style-type: none"> No limitations, but don't push into pain 	ROM: <ul style="list-style-type: none"> No limitations, but don't push into pain
WB <ul style="list-style-type: none"> Crutches until no limp with walking 	WB <ul style="list-style-type: none"> No limits 	WB <ul style="list-style-type: none"> No limits
Modalities: <ul style="list-style-type: none"> Cryotherapy IFC for pain/effusion if needed 	Modalities: <ul style="list-style-type: none"> Cryotherapy IFC for pain/effusion if needed 	Modalities: <ul style="list-style-type: none"> Cryotherapy IFC for pain/effusion if needed
Precautions: <ul style="list-style-type: none"> Do not push through pain No ballistic or forced stretching Avoid hip flexor/joint inflammation 	Precautions: <ul style="list-style-type: none"> Do not push through pain No ballistic or forced stretching Avoid hip flexor/joint inflammation 	Precautions: <ul style="list-style-type: none"> Do not push through pain No ballistic or forced stretching Avoid hip flexor/joint inflammation
Treatment Recommendations: <u>Weeks 1 and 2</u> <ul style="list-style-type: none"> AP, QS, gluteal sets, TA isometrics, Hip Abd/Add isometrics, Prone IR/ER isometrics Passive ROM Gentle mobilizations – long axis distraction <u>Week 3</u> <ul style="list-style-type: none"> Initiate AAROM and AROM exercises Bridges, seated hip flexion, sidelying hip abd/add Clamshells Stepups – forward and side 	Treatment Recommendations: <ul style="list-style-type: none"> Single leg stability exs Straight leg raises (4-6 weeks) Standing hip rotation Leg Press Multi-hip machine Total Leg Strengthening 	Treatment Recommendations: <ul style="list-style-type: none"> Return to running program Sport/agility drills