GALLAND/KIRBY HIP ARTHROSCOPY
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 7

• Crutches – weight bearing as tolerate (WBAT), D/C when gait is normal
• **All exercises must be performed in pain-free range**
• Heel slides, AAROM, PROM – Limit flexion to 90 degrees
• Calf pumping
• Electrical stimulation in full extension with quad sets
• Quad sets, Co-contractions quads/hamstring
• Short arc quads
• Glut sets
• Adductor isometric sets (squeeze pillow between legs)
• Abductor isometric sets (belt around thighs, push out)
• Stationary bike for range of motion (ROM) – No Resistance

GOALS

• Pain control
• Hip ROM 0-90 degrees flexion

DAYS 7 – 14

• Crutches – D/C if gait is normal
• Continue appropriate previous exercises
• **All exercises must be performed in pain-free range**
• AAROM, AROM through full range as tolerated
  - Rocking to heel in quadruped position
  - Prone lying and gentle prone press ups
• Standing Straight leg raise (SLR) x 4 directions
• Weight shifts and Mini-squats in parallel bars
• Heel raises – Double leg to single leg
• Core stabilization exercise
  - Double leg bridging exercises – neutral pelvis
  - Transverse abd contractions
• Stationary bike for ROM – Minimal resistance
• Pool therapy – Chest deep running, aqua-jogger

**GOALS**
• Full hip ROM
• Normal gait

**WEEKS 2 – 4**
• Continue appropriate previous exercises
• SLR x 4 on mat
• Wall squats, Total gym
• Forward, retro and lateral step downs (2-4” step)
• Leg press (up to ⅛ body weight)
• HS curls – Closed chain (carpet drags or rolling stool)
• Proprioception ex – Double to single leg BAPS
• Core stabilization exercises
  – Single-leg bridging (on affected side)
  – Crunches
• Stationary bicycle for progressive resistance and time
• Elliptical trainer
• Pool therapy – Waist deep running
• Stretches – Hamstring, Hip Flexors, ITB

**GOALS**
• No pain with stair climbing
• Walk 1 mile at easy pace

**WEEKS 4 – 6**
• Continue appropriate previous exercises
• Standing SLR x 4 with Theraband bilaterally
• Hamstring curls weight machine
• Knee extension weight machine
• Leg press (up to ⅛ body weight)
• Proprioception exercise – Single leg ball toss and body blade
• Core stabilization exercise
  – Side bridging
  – Plank (hold push-up position on elbows)
• Treadmill – Walking progression program
• Stairmaster
• Pool therapy – Unrestricted

**GOAL**
• Walk 2 miles at easy pace

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**WEEKS 6 – 8**
• Continue appropriate previous exercises with progressive resistance
• Forward, retro and lateral step downs (med to large step)
• Hip weight machine x 4 directions
• Hip rotation in weight bearing (closed chain) with hip machine, cables/cord
• Functional training – Fitter, slide board
• Treadmill – Walking progression approaching 15 min/mile pace
• Quad stretches

**GOAL**
• Walk 2 miles at 15 min/mile pace

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**MONTHS 2 - 3**
• Continue appropriate previous exercises
• Advanced core stabilization exercise
  – Sit backs
  – Quadruped swimmer
  – Double leg lower
  – Physioball
• Push-up progression
• Treadmill – Running progression program
• Pool – Begin swimming laps

**GOAL**
• Run 2 miles at easy pace
MONTHS 3 – 4

• Continue appropriate previous exercises
• Sit-up progression
• Agility drills / Plyometrics
• Transition to home / gym program

GOAL

• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*