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Physical Therapy Prescription

Patient

Name: _____ Date: _____

Diagnosis: Right/Left hip arthroscopic Labral Repair with/without FAI

Date of Surgery: _____

Evaluate and Treat

Provide patient with home exercise program

Weeks 0-2

- NO EXTERNAL ROTATION > 20 degrees
- CPM for 4 hours/day
- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- Hip PROM as tolerated (No ER)
- Supine hip log rolling for internal rotation
- Progress with ROM
 - Introduce stool rotations (AAROM hip IR)
- Hip isometrics - NO FLEXION
 - Abduction, adduction , extension, ER
- Pelvic tilts
- Stool rotations for IR
- Supine bridges
- NMES to quads with SAQ
- Quadruped rocking for hip flexion
- Sustained stretching for psoas with cryotherapy (2 pillows under hips)
- Gait training PWB with assistive device
- Modalities

Weeks 2-4

- Continue with previous therex
- Progress Weight-bearing (week 3)
 - Week 4: wean off crutches (2 → 1 → 0)
- Progress with hip ROM
 - Bent knee fall outs (week 4)
 - Stool rotations for ER (week 3-4)
- Glut/piriformis stretch
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening – isotonic all directions except flexion
 - Start isometric sub max pain free hip flexion(3-4 wks)
- Step downs
- Clam shells → isometric side-lying hip abduction
- Hip Hiking (week 4)
- Begin proprioception/balance training
 - Balance boards, single leg stance
- Bike / Elliptical
- Scar massage
- Bilateral Cable column rotations (week 4)
- Treadmill side stepping from level surface holding on → inclines (week 4)
- Aqua therapy in low end of water

Weeks 4-8

- Continue with previous therex
- Progress with ROM
 - Standing BAPS rotations
 - External rotation with FABER
 - Hip Joint mobs with mobilization belt
 - Lateral and inferior with rotation
 - Prone posterior-anterior glides with rotation
 - Hip flexor, glute/piriformis, and It-band Stretching – manual and self
- Progress strengthening LE
 - Introduce hip flexion isotonic (Be aware of hip flexion tendonitis)
 - Multi-hip machine (open/closed chain)
 - Leg press (bilateral → unilateral)
 - Isokinetics: knee flexion/extension
- Progress core strengthening (avoid hip flexor tendonitis)
 - Prone/side planks
- Progress with proprioception/balance
 - Bilateral → unilateral → foam → dynadisc
- Progress cable column rotations –unilateral → foam
- Side stepping with theraband
- Hip hiking on Stairmaster

Weeks 8-12

- Progressive hip ROM
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities

Weeks 12-16

- Progressive LE and core strengthening
- Plyometrics
- Treadmill running program
- Sport specific agility drills

Other:

Modalities

Electric Stimulation Ultrasound Heat before/after Ice before/after

May participate in aquatherapy

Frequency: _____ x/ week x _____ weeks

Signature: _____

Please fax a copy of patient report to 312-942-1517 at least 3 days prior to patient appointment.