



## REHABILITATION FOLLOWING HIP ARTHROSCOPY WITH TROCHANTERIC BURSECTOMY AND IT BAND LENGTHENING

### Precautions:

- WBAT with crutches for 1-2 weeks
- X-Act ROM Brace for 2-6 weeks(per physician recommendation)
- Limit aggressive hip abduction strengthening
- Limit aggressive functional activities until advised by Physician

### I. **Phase I – Immediate Postoperative Phase** Protective Phase (Day 1 to Week 3)

#### Goals:

Restore non-painful ROM & Flexibility  
Diminish pain and inflammation  
Restore muscular strength  
Restore normal painfree gait

#### **Day 1 -5:**

- Weight Bearing as tolerated with 2 crutches to normalize gait & control post-op pain
- Ankle pumps
- Gluteal sets
- Quad sets
- Hip isometrics: Adduction, flexion
- Heel slides
- AAROM Hip, PROM Hip & Knee to tolerance
- Initiate knee to chest stretch (single leg)
- Pelvic tilts
- Seated knee extensions
- Mini-Squats (0-45) - Day 3

#### **Day 5-7:**

- Hip isometrics: adduction, flexion, abduction
- Mini-Squats (progress to deeper angle)
- Weight shifts
- Standing Hip extension
- Stationary bicycle (if painfree) high seat
- Double leg bridges
- Supine knee bent trunk rotations
- Initiate supine hamstring stretches

#### **Week 2:**

- Continue all exercises listed above
- Continue to perform AAROM & PROM exercises
- Initiate light hip flexor stretch
- Initiate light stretches for hip adductors, ITB
- Standing hip abd if pain free
- Initiate Hip ER/IR seated
- Progress strengthening program (painfree)

### Week 3:

- Gradually improve ROM through AAROM, PROM & stretching
- If hip develops stiffness – initiate hip mobilizations (grades III & IV)
- Continue selected exercises listed above
- Initiate straight leg raises, all directions
- Initiate Hip strengthening on 4 way hip machine, light hip abduction
- Initiate light leg press
- Progress double leg bridging to single leg bridging
- Initiate planks ( 2 arms & 2 legged ---may progress to 3 points of support)
- Increase Bicycle duration
- Sidelying clams
- Lunges onto box
- Lateral step ups
- Cup walking (fwd, bwd, & lateral)
- Wall squats
- Initiate tilt board squats
- Hamstring curls
- Wall squats with Physioball
- Continue to emphasize hip strengthening
- Pool Program (once incisions are closed & safe to get wet)  
Walking, ROM exercises, retrowalking, side slides, etc...

## II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 4-6)

Goals: Restore full painfree motion  
Normalize muscular strength of lower extremity & core  
Gradually increase functional activities

### Week 4-5:

- Continue to progress isotonic strengthening program
- Continue all ROM, flexibility & stretching exercises
- May initiate multi-planar stretches (if appropriate)
- Gradually increase time & resistance on stationary bicycle
- Initiate elliptical
- Initiate more proprioception & neuromuscular drills
  - Bosu squats, Biodex stability squats, tilt board, foam etc...
- Initiate Perturbation training
- Continue Hip ER/IR with theraband
- Continue sidelying clams
- Emphasize Glut med work (single balance with trunk flexion)
- Emphasize hip strengthening (4 way isotonic hip machine)
- Leg press
- Step downs, step ups, etc...
- Hamstring curls

### Week 5-6:

- Continue all exercises above
- Initiate more functional drills-
  - Lateral lunges, forward lunges, diagonal lunges
  - Walking for time/exercise (gradually increase) **painfree**
  - Continue with functional pool drills

### III. **Phase III – Advanced Exercise Phase (Weeks 7-8)**

Goals: Establish and maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness on previous functional exercises or drills

#### **Weeks 7-8:**

- Continue all stretching & flexibility exercises
- If stiff or tight – perform joint mobilization (grades III & IV)
- Leg Press (0-90 degrees)
- Vertical squats (0-60)
- 4 way isotonic hip machine
- Hip ER/IR theraband resistance
- Sidelying clams
- Forward lunges onto box
- Step downs, step ups lateral
- Hamstring curls
- Lateral lunges with sportcord
- Step overs
- Core & Hip drills:
  - Double & single leg bridges
  - Bridging on physioball
  - Partial sit-ups on physioball
- Progress bicycle, walking & elliptical machines
- Initiate stair stepping if desired
- Initiate tubing lifts with rotation w/ cable on 1 knee

### IV. **Phase IV – Return to Activity Phase (Weeks 8-12)**

Goals: Enhanced muscular strength, power and endurance  
Progress functional activities  
Maintain hip mobility  
Gradually increase demands on hip

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory clinical exam
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness with functional drills &/or activities

**Weeks 8-10:**

- Continue all exercises listed in previous phase
- Pool running
- Treadmill (walk/run intervals)
- Functional agility drills
  - Backward running
  - Side slides
  - Fast feet drills
  - Cone step overs fast
- May initiate plyometrics for “select patients”
  - 2 legged leg press plyos
  - 2 legged floor side to side plyos
  - 2 legged diagonal floor plyos
  - 2 legged criss cross plyos on floor
  - May use small height box for plyos at week 10 if painfree
- May initiate interval golf program
- May initiate interval sport programs
- Continue proprioception & neuromuscular control drills
- Stability ball rollout with 2 legs

**Weeks 10-12:**

- Continue all exercises and drills listed above
- Progress running program
- Progress agility drills
- Initiate Sport Specific drills
- Continue isotonic strengthening
- Continue stretching & flexibility program

**Criteria to Return to Competition:**

- Full pain-free ROM & flexibility
- Hip strength equal to opposite side
- Ability to perform sport specific drills at satisfactory level & without pain
- Satisfactory Clinical Exam
- Approval by Physician