



## Post-Operative Rehabilitation Guidelines: Hip Arthroscopy, Debridement and Iliopsoas Lengthening

### Phase I: Weeks 0-1

1. Flat foot weight bearing up to 20 pounds → gradual return to 100% flat foot weight bearing
2. Early passive ROM, circumduction
3. **ROM**: no restrictions

### **Precautions**

1. **NO** active hip flexion for 3-4 weeks
2. Focus on manual therapy
3. Glute strengthening and core activation

### **Joint Protection and Patient Education**

1. **AVOID** actively lifting / flexing and rotating hip (thigh) for 2-3 weeks
2. Assistance from a family member/caretaker is important for transitioning positions for the **1st week** after surgery
3. **DO NOT** sit in a chair or with hip bent to 90° for >30 minutes for the **first 2 weeks** to avoid anterior hip tightness
4. Lay on stomach for **2-3 hours/day** to decrease tightness in the anterior hip
  - a. Patients with low back pain may have to modify positions

### **Continuous Passive Motion Machine**

1. Begin with CPM set between 30° and 70° → slowly increase to 0-120°
2. Increase between 6-8° per day
3. Use 4 hours/day
4. May decrease use by 1 hour if riding stationary upright bike for 20 minutes without resistance
5. May break up usage of CPM in increments throughout the day

### Phase II: Weeks 1-2

1. **DO NOT PUSH THROUGH PATIENT'S PAIN**
2. ROM, manual therapy, isometrics
3. Begin gradually increasing weight bearing
  - a. **AVOID** compensation on contralateral or surgical side
4. More advanced core and gluteal exercises
5. Start close-kinetic chain exercises
6. Begin balance exercises and advance difficulty as tolerated

### **Important Information**

- *Office Hours*: Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact*: Resident/Fellow – 708.236.2600
- *Central Scheduling*: 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration*: Jeannie Taylor – 312.432.2525
- *Physician Assistants*: Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**

