

Phase I: Protection and mobility (0-3 weeks)

Goals:

- *Protect integrity of surgically repaired tissue*
- Reduce pain and inflammation
- Prevent muscle inhibition
- Restore range of motion

Restrictions:

- Weight bearing as tolerated, crutches likely used for 2-4 weeks
- ROM:
 - No active hip flexion, including SLR exercises for 6 weeks
 - Limit Hip flexor activation with other exercises
 - Gentle passive hip extension exercises
- Therapy:
 - No pool therapy until incisions are healed (3 weeks)
 - No resistance on bikes, no clipping into bike

Treatment:

- Manual therapy as needed
- Avoid incision until week 3
- Gentle passive hip extension exercises
- Passive ROM hip ER, IR, flexion and abduction.
- Quad sets (minimize activation of iliopsoas), prone hamstring sets, glute and core isometrics
 - Progress to low resistance theraband exercises for hip
 - Hamstring curls may be performed prone with pillow place underneath hip (be wary of surgical incisions).
- Pelvic tilt exercises (caution with anterior pelvic tilt)

Criteria to progress to next phase:

- Minimal pain, pinching and inflammation
- Full ROM
- Full weight bearing
- Normalized gait
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Phase II: Early strength (Week 3-6)

Goals:

- Protect integrity of surgically repaired tissue

Hip Arthroscopy: Iliopsoas Lengthening



IU Health Physicians

- Begin strengthening

Restrictions:

- No ballistic or forced stretching
- No impact activities

Treatment:

- May add resistance to bike
- Hip strengthening exercises
- Core stability
- Balance progression

Criteria to progress:

- Normal and pain-free gait
- Minimal pain with strengthening exercises
- Single leg stance

Phase III: Advanced strength (7-8 weeks)

Goals:

- Continue strengthening exercises

Restrictions:

- No ballistic or forced stretching

Treatments:

- Progressing lower extremity and core strength
- Progress dynamic balance
- Begin agility drills

Criteria to progress:

- Good mechanics, no pain with agility drills
- Good strength

Phase IV: Return to sport (Week 24+)

Goals:

- Continue strengthening
- Perform sport specific activity pain-free



Restrictions:

- No running until 4 months

Treatments:

- Single-leg strengthening
- Progressing lower extremity and core strength and power
- Progress dynamic balance
- Sport specific exercises and drills

Criteria to return to sport:

- *Dr. Everhart's clearance*
- Hip strength $\geq 90\%$ of uninvolved