

Patient name: _____ DOS: _____

Hip Arthroscope (Non-PFO, Hip Debridement, Iliopsoas Release)

Dr. Nate Stewart
 Chippewa Valley Orthopedics & Sports Medicine
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 Altoona, WI 54720 Chippewa Falls, WI 54729

Diagnostic only Labral Resection Labral Repair(Ant/Post/Lat)
 Acetabuloplasty Chondroplasty(Femoral/Acetabular)
 Microfracture(Femoral/Acetabular) Iliopsoas Release

ACUTE CARE STAY	OUT-PATIENT THERAPY			
Week 0-starts POD 1	Week 1-2	Week 3-4	Week 5-6	Week 7+
WBAT with crutches for 1-2 weeks. Wean as able. Ankle pumps Quad Sets Ham Sets Glut Sets Exercise Bike **Aggressive hip flexion strengthening delayed 6 weeks**	Wean from crutches. Non antalgic gait. Passive Extension Adductor isometrics Abductor isometrics Heel Slides LAQ's Double Leg Bridges Calf raises Prone on elbows Quad stretch	Standing Abduction, Extension, Flexion Pain dominant hip mobilizations, long axis Mini squats Emphasize core strength Superman's Dead Bug Clamshells Sidelying Abduction Prone Extension Double leg to single leg bridges Total Gym/Leg Press	Core progression Add resistance to all hip exercises in prone, sidelying and standing Squat progression Single leg balance BOSU squats Step ups Elliptical Pool exercises Walk/jog program	Cardiovascular fitness Stepping Drills Plyometrics Running progression Sport specific drills Traditional Weight Lifting
Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060		Double leg balance		
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