



GOLDEN STATE ORTHOPEDICS & SPINE

HIP REHABILITATION FOLLOWING FEMORAL ACETABULAR IMPINGEMENT (FAI) SURGERY

STAGE 1: WEEKS 1-2:

Goals: Protection, ROM, early muscle activation, decrease pain and inflammation

- Crutches 20lbs flat foot weight bearing
- Hip Brace
- **ROM Restrictions:**
- No External Rotation or Extension for 2 weeks
- Flexion to 90 degrees for 2 weeks
- Abduction 25-30 degrees
- Avoid positions of FAI, avoid capsular mobilizations
- After 2 weeks, progress ROM as tolerated, within pain-free zone
- Avoid any isolated contraction of the iliopsoas
- ROM, STM to prevent scar tissue
- **Passive ROM:** Circumduction, IR (log rolls, prone)
- **Active ROM:** Quadriceps rocking, cat/camel, supine abduction, aquatics (deep water running, kicking)
- **Stretch:** Quadriceps, hamstrings, sidelying glutes/piriformis
- **Bike:** 20-30 minutes daily, no resistance
- **Aquatics:** 2-3 times per week (optional)
- Muscle Activation
- Isometrics: Quads, Glutes, TA's, IR/ER
- **Isotonics:** Standing Abduction, Hamstrings, Prone TKE's

STAGE 2: WEEKS 3-5:

Goals: Early strengthening, stabilization, re-gain normal gait pattern

- No Forced (aggressive) stretching of any muscles
- No joint/capsular mobilizations
- Avoid aggravation of hip flexor, adductor, abductor or piriformis
- Exercises: Stationary bike (no resistance), bridging, resisted hamstring curls, dynamic core stabilization, prone glute extension, quadruped rocking (gentle prayer stretch for flexion ROM)
- Stabilization: Core strengthening, single leg stance
- Gait: Crutch weaning, weight shifting, aquatics: water walking, gait training
- Balance progression: double leg to single leg balance

STAGE 3: WEEKS 6-8:

Goals: Full Hip ROM, Normal Gait Pattern, Strengthening, early sport specific activity

- No Forced (aggressive) stretching of any muscles



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- No joint/capsular mobilizations
- Avoid inflammation of hip flexor, adductor, abductor or piriformis
- Strengthening: Closed-chain exercises
- Double leg squats, leg press, shuttle
- Stairs and squat progression
- Lunges
- Slide board: hip abduction/adduction, extension, IR/ER. No forced abduction. Stop short of any painful barriers
- Single leg RDL's
- Clams/Bandwalks
- Quadruped lumbar/core stabilization progression
- Balance Progression: double leg to single leg balance to uneven surfaces
- May initiate elliptical/StairMaster

STAGE 4: WEEKS 9-12:

Goals: Full ROM, pain-free normal gait pattern, hip flex/abd/ext/IR/ER strength 4+/5, Strength and Power,

Return to Practice

- No forced (aggressive) stretching
- No joint mobilizations
- Anterior/side plank progression
- Multi-directional Lunges
- Single Leg Squats
- Running progression: Low intensity jogging to sprints
- Plyometrics
- Increased resistance with all lower extremity exercises
- Possible return to athletic practice (no contact activities)

STAGE 5: WEEK 13+:

Goals: Return to Sport/Recreational Activities

- Hip Flex/Ext/Abd/Add/IR/ER Strength 4+/5
- Cardiovascular Endurance to pre-injury level
- Demonstrates proper squat form and pelvic stability with initial agility drills
- Stable Single Leg Squat

Exercises:

- Customize strengthening and flexibility program based on patient's sport and/or work activities



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Exercises (cont):

- Z-cuts, W-cuts, cariocas
- Agility Drills
- Jogging
- Gradual return to sports activities as tolerated without pain