



GOLDEN STATE ORTHOPEDICS & SPINE

HIP REHABILITATION FOLLOWING FEMORAL ACETABULAR IMPINGEMENT (FAI) SURGERY

STAGE 1: WEEKS 1-2:

Goals: Protection, ROM, early muscle activation

- Crutches 20lbs flat foot weight bearing
- Hip Brace
- **ROM Restrictions:**
- No External Rotation or Extension for 2 weeks
- Flexion to 120 degrees for 2 weeks
- Avoid positions of PAI
- ROM to prevent scar tissue
- **Passive ROM:** Circumduction, IR (log rolls, prone)
- **CPM for 4 hours daily**
- **Active ROM:** Quadriceps rocking, cat/camel, supine abduction, aquatics (deep water running, kicking)
- **Stretch:** Quadriceps, hamstrings, sidelying glutes/piriformis
- **Bike:** 20-30 minutes daily
- **Aquatics:** 2-3 times per week
- Muscle Activation
- **Isometrics:** 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

Exercises:

- Bridging, resisted hamstring curls, dynamic core stabilization, prone glute extension
- Stabilization: Core strengthening, single leg stance
- Gait: Crutch weaning, weight shifting, aquatics: water walking, gait training

STAGE 3: WEEKS 6-8:

Goals: Strengthening, early sport specific activity

- : Closed-chain exercises
- Double leg squats, leg press, shuttle
- Lunges
- Pilates skaters
- Single leg RDL's
- Early Return to Sport
- Light throwing to 60 feet



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- Broomstick to Fungo to Bat swinging
- Progressive aquatics running to land running
- Light fielding drills to PFP

STAGE 4: WEEKS 9-12:

Goals: Strength and Power, Return to Practice

- Strength and Power
- Running progression: Low intensity jogging to sprints Plyometrics
- Increased resistance with all lower extremity exercises
- Return to Practice
- Completed entire throwing program
- Mound progression (P)
- Returning to batting practice (PP)

STAGE 5: WEEK 13+:

Goals: Return to Game Activity

- Return to games -progress innings, abs, games, Pitches over 1st month back