

Hip Arthroscopy

General

Full weight-bearing as tolerated with crutches for 2 weeks

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-2

Hamstring sets	Toe/heel raises
Prone hangs	Modalities as necessary to decrease swelling
Ankle pumps	

Weeks 2-8

Continue previous activities

Quad sets with straight leg raises

Stationary bike with both legs

- Maintain high seat to avoid deep flexion
- Gradual increase in resistance

Treadmill 7% walk

Terminal ½ knee bends

Aqua therapy

Single leg squats

Weeks 8-10

Leg curls with no hyperextension

Swimming with fins

Quad sets with straight leg raises

Rowing/erg machine

Stationary bike with increased resistance

Weeks 10-16

Outdoor biking

Return to run program = elliptical → treadmill →
outdoor running

Week 16

Sport-specific training with gradual return to
agility exercises

3-4 months = return to sports