



Cascade Orthopaedic Group

Sports Medicine, Joint Replacement, Fracture Care and Hand Surgery

Telephone
503.692.5483
Fax
503.691.2757

6485 SW Borland Road, Suite A
Tualatin, OR 97062

Orthopedic Specialists

Patrick A. Dawson, M.D.

Sports Medicine, Fracture Care
and Knee Replacement

Tamara S. Simpson, M.D.

Sports Medicine and
Fracture Care

John R. Tongue, M.D.

Joint Replacement and
Hand Surgery

Jessica A. Wood Gibson

Practice Administrator

American Board of
Orthopaedic Surgery

American Academy of
Orthopaedic Surgery

Hip Scope

Phase 1 (0-4 Weeks)

Precautions:

- Capsular irritation Ambulation to fatigue Pivoting during ambulation.
- Symptom provocation with ADL.
- Caution with bridging, glut sets, SLR, ER WBAT. with crutches per MD.
- ROM as tolerated per MD.

Treatment Strategies:

- Home exercises
 1. QS,SAQ,RPF.
 2. AROM and AAROM-gentle hip flexion (heel slides &/or knee to chest), abduction, extension, HS, Achilles, quad.
 3. Abdominal work-TA/O.
- Education
 1. WBAT/crutch ambulation.
 2. ADL's.
 3. Wound care.
- Clinic Exercises
 1. OKC knee extension, flexion, calf raises.
 2. CKC-squats, SKEWTS, double leg balance.
 3. Core strengthening
 - Short arc hip
 - Bird dog Knee
 - Floats
 4. Bike

Phase 2 (4-10 weeks)

Precautions:

- Cautious progression of WB.
- Symptom provocation.
- Pain provocation with ADL or exercise.
- Faulty movement patterns, posture, gait.
- Caution with long lever hip exercises.

Treatment Strategies:

- Progressive hip strengthening
 1. Tubing
 2. Standing/supine/side-lying
 3. Hip machine
 4. Clam/flapper
- Progress CKC to step ups, overs, downs Hip.
- ROM with stable pelvis.
- Progress balance to one leg as tolerated.
- Progress PROM
- Progress core exercises

<http://cascadeorthopaedicgroup.com>

Phase 3 (Weeks 10-12)

Precautions:

- Symptom provocation
- Sacrificing form
- Progressing too fast.

Treatment Strategies:

- End-ROM stretching
- Moderate to difficult core exercise
- Cross-training (no impact)
- Full PRE's (SLR, IR/ER, etc.)
- Early PRD/plyo

Phase 4 (Weeks 12-16)

Precautions:

- Adequate strength base
- Symptom provocation

Treatment strategies:

- Advance plyometrics
- Initiate running
- Dynamic balance
- Advance core work
- Endurance
- Address muscle imbalances
- Cutting/agility (at end of phase)