

Hip Arthroscopy for Labral Debridement Dr. Murphy

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> • Dressing change • Instruction in signs and symptoms of infection • Check for DVT • Instruction in HEP for quad sets, SLR, hip adduction, hip abduction, hip extension • Instruction in HEP for knee and hip ROM as tolerated • WBAT 	<ul style="list-style-type: none"> • Independent in HEP • Fair Quad Set • Progressive hip/knee ROM as tolerated to WNL
Phase I 0-3 weeks	<ul style="list-style-type: none"> • Frequency – 1-2x/week if needed to attain good quad set and progress ROM • Table exercises in the clinic and for HEP • Progress gym and functional exercises as tolerated 	<ul style="list-style-type: none"> • Good quad set • Full Extension • Knee ROM WNL • Hip ROM WNL
Phase II 3+ weeks	<ul style="list-style-type: none"> • Progress back to full activity as pain allows at 3 weeks per MD discretion 	