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## Hip Core Decompression Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-4 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>● Protect the hip</li><li>● Allow bone to heal</li><li>● Prevent scar formation</li><li>● Get used to mobilizing on crutches</li></ul>	<p>Touchdown 20# flatfoot weightbearing x 4 weeks</p> <p>NO Active lifting of surgical leg for 4 weeks (use family member/care taker for assistance)</p> <p>No sitting immobile for greater than 1 hour at a time for first 3 weeks</p> <p>DO NOT "Push through the pain"</p>	<ul style="list-style-type: none"><li>● Hip limitations for 3 weeks:</li><li>● flexion to 90 degrees, extension no more than 0 degrees, Hip <b>ER to 30</b> degrees at 90 degrees of hip flexion, Hip <b>IR to 20</b> degrees at 90 degrees hip flexion, <b>abduction to 30</b> degrees</li><li>● Allowed to perform gentle ROM prone</li></ul> <p>Modalities:</p> <ul style="list-style-type: none"><li>● Manual therapy prn</li></ul>	<ul style="list-style-type: none"><li>● AVOID active open chain hip flexion for 6 weeks</li><li>● Quad recruitment, NMES as needed</li><li>● Isometrics - Quad, glute, core strengthening sets</li><li>● PROM (gentle circumduction, logrolls) – 20 minutes, twice a day</li><li>● zero resistance, low hip flexion upright bike OK starting week 2</li><li>● quadruped (rocking, pelvic tilts) starting week 2</li><li>● Anterior hip capsule stretches (surgical leg off table) starting after week 3</li></ul>
<p><b>Phase 2 (4-10 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>● Eliminate inflammation</li><li>● Wean crutches</li><li>● Restore normal gait</li><li>● Progress to full ROM</li><li>● Hip, quad, HS, calf strength</li></ul>	<p>Progress off crutches starting week 4</p> <p>Full ROM</p>	<ul style="list-style-type: none"><li>● Begin full A/ PROM as tolerated</li><li>● Restore full ROM</li><li>● Prone hip extension</li><li>● Scar STM when incision healed</li><li>● Manual assist extension/passive stretch</li></ul>	<ul style="list-style-type: none"><li>● Only progress exercises to tolerance, and when patient exhibits good control</li><li>● Advance ambulation slowly – avoid compensatory patterns</li><li>● Joint mobilizations</li><li>● Tall kneeling and ½ kneeling</li><li>● Standing weight shifts</li><li>● Backward and lateral walking</li><li>● Calf raises on leg press</li><li>● Standing body weight 1/3 squats</li><li>● Begin forward step-ups week 8</li><li>● Modified planks week 8</li><li>● Elliptical may begin week 8 if doing well</li></ul>

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<b>Phase 3 (10-18 weeks)</b>  Goals: <ul style="list-style-type: none"><li>Return to pre-injury level</li></ul>	Maintain ROM and full weightbearing	<ul style="list-style-type: none"><li>Full A/PROM</li></ul> Modalities: <ul style="list-style-type: none"><li>Ice/stim PRN</li></ul>	<ul style="list-style-type: none"><li>Bike, elliptical- advancing</li><li>Lunges – forward and lateral</li><li>Single leg balance</li><li>Planks and side planks</li><li>Trunk rotation</li><li>Single leg hip bridges</li><li>Slide board</li><li>Agility drills if pain free</li><li>Hip rotational activities</li><li></li></ul>
<b>Phase 4 (4+ Months)</b>  Goals: <ul style="list-style-type: none"><li>Return to full sport</li></ul>	May take 4-6 months for return to pre-surgery level, and possibly 1 year for maximal recovery	<ul style="list-style-type: none"><li>Full A/PROM</li></ul>	<ul style="list-style-type: none"><li>Continue everything in phase 3</li><li>Initiate walk-jog progression to easy pace, add incline if tolerates</li><li>Muscular power – squads, split jumps, sled drags</li><li>Agility progression: side steps, crossovers</li><li>Running/cutting/agility</li></ul>
			<ul style="list-style-type: none"><li>See physician prior to full release to activities/sports</li></ul>